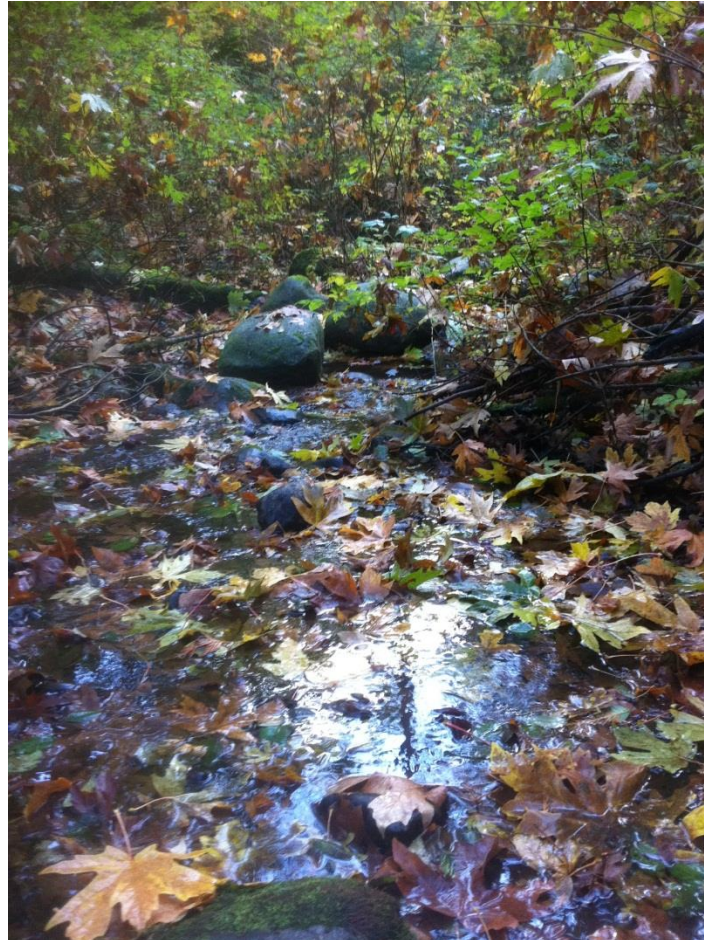


The Homeopathic Trituration Proving of Musqueam Creek Water (*Aqua XwMuthkwium*)
Neurological Transformation: Cleansing the Brain of Emotional & Physical Trauma

Written and compiled by Sonya McLeod, BA, DCH, RCSHom



Remedy Nucleus

Polycrest for neurological disorders: autism, ADHD, multiple sclerosis, schizophrenia, migraines, etc.

Cleanses the brain from toxins, injury or past trauma/abuse

Rebirth: brings subconscious issues to the surface, calms & aids in personal transformation

Overactive nervous system (agitation, nerve pain, vertigo with nausea, incoordination)

Tubercular miasm (scattered & restless)

Trituration Proving Notes & Journal

Before the Trituration: Prover #3's Journal

November 8, 2011

Dream last night at my now deceased baba's house. Wanted strawberry homemade jam; knew where it ought to be except there was none, cleaning products there instead; didn't want to wake anybody up – it was a nightmare. Disappointed.

This morning, while rifling through cabinet, non-purposefully (sort of tidying dishes) at the very back I spot a homemade jar of strawberry jam – exactly as I had wanted. Yes! ☺ I thought I'd used up or given away all the jam I made. Happy to find some <3

.....

Last few days and weeks – keep seeing something dark (small, cat-size) to my left – just out of peripheral ... I turn to look Nothing. It's not good or bad....just is.

.....

Earlier (Nov 4?)

Having a moment of “what am I going to do?!” Despair, low self worth, money worries, life direction! Just while going to bed. Finally decided to hand it over to Universe for help, guidance. Went to sleep.

Next morning: -

Wake up, decided not to make any “decisions” today, just follow what's shown to me, my inner pulse...intuition. No left brain logic! Then hubby announces “We're going to France.” He's reading email.

I am in love with France. I've always wanted to go. Of late I've been saying out loud that if we can figure a way to go for a few months “taste test” – we'd for sure do it. Voila! Am invited by friend D. Awesome! All for an “ashram labor” fee (whoo!!)

November 11, 2011: 11/11/11

Lots of unpleasant dreams this morning. One after another.
Despite going to bed at a reasonable hour, I am sleepy. Tired.
Emotion. Remembrance Day.

My skin refuses to heal. Hangnails. Paper cuts. A week ago I drank ¾ cup of regular 2% milk. My face (chin/jaw “lower half”) broke out. Several “underground” painful pimples. This is a common reaction to milk for me, but they refuse to heal! – not common. Just noticing now – seems to be all on right side of face – open. Exposed – vulnerable – raw.

Been quite hungry lately. Growls in morning.

Creative output. REALLY wanting to integrate new (old, actually) more vibrant vocabulary into my writing. Dictionary, thesaurus have been my friends.
Dr Emoto's (signed) book is floating around my desk. LOVE HIS WORK.

I feel like there's so much to do! In an excited (usually) way – like “let's go, people!” And at night it feels overwhelming and can push me to anxiety.

2 of the 3 mayoral candidates for my city have personally called upon me inviting me to have tea and understand them (i.e. win their vote). This is quite specific and amazing. They've taken note of the voice I had over that last rezoning debacle, it seems.

I refuse to be quiet and unexpressed. NEVER again.

Oh right – breasts super sensitive at least 3 times now, noticed sharp, stabbing in ovaries(?) the right lower abdomen anyway...enough to make me double over for a second.

Itchy small of back.

Before the Trituration: Prover #2's Journal

As for the stuff about my family, the week before and leading up to the remedy I found out three crazy unbelievable things

First X went on a trip and met with her friend in the states and then she got pregnant, she has this very interesting thing that seems to happen, she divorced her ex about 5 years ago and they have 2 children together and were together 12 years, after she left him she met a guy and accidentally got pregnant with his twins and now has two beautiful little girls who look like identical fairies, they tried to make the relationship work for 3 1/2 years and then she left him just recently and seems doomed to repeat the same pattern. We do not know if she will keep the baby or not but she is already 7 weeks and it definitely gets harder the longer she waits.

I already knew that Y is pregnant. She is 23 and I was emailing her but wanted her to tell me so I just asked how she was doing and she started to tell me the horrors that she has created in her life. She told me that she was going to be evicted from her house so she decided to sell drugs and got busted with a lot in her possession. She said that the worse thing for her case is that she does not do them so they look at that worse. Anyways she is looking at house arrest! At least I am praying that she gets house arrest with the baby coming. She is happy about her baby

Then I found out Z has heart trouble has to have open heart surgery and very soon! He is very stubborn and does not want to do it, probably does not want to be here on earth anymore, lots of people are choosing to leave.

As I share this it does not feel light at all but that is ok

Then there was all the stuff about the interdimensional BS! I was getting flashes of another life that I have lived, and because everything happens simultaneously anyways I am living it and it was just really weird.

Before the Trituration: Prover #3's Journal

Health Matters

Broken tooth (Oct 23)

Knee (leg) – right side

Bone/healing

Heart issues – clogged arteries

Before the Trituration: Sonya's Journal

November 3, 2011

Gathered the water today.

I feel a stillness. Sensation of coolness in my hands. And was getting twinges on my left shoulder, then my right shoulder.

Hubby: nausea, aches and pains, teeth chattering, needs a lot of blankets. He mentioned bladder infections (maybe useful for an acute).

Me: I keep getting this sensation of a cool breeze blowing over me. And wandering pains, here and there, all over my body.

November 6

For a few days now have had this dot on my right shoulder, not raised but a little redness and it hurts when I touch out. Seems to be skin not muscle related.

U has had some itching and rash for the last few nights with scratching. He's also had increased urination especially at night. Poos have been more solid for him and for me as well, a little on the constipated side.

Dream last night of riding on a skateboard, sliding easily around the road, twisting and turning. U's sleep has been very bad, and I have been feeling tired earlier, #4 has also felt more tired.

U had a rough night last night.

Dream of being in a town/village, worried about people committing suicide. If one person committed suicide, worried that others would commit suicide, kind of like a dam bursting.

Another dream about being concerned that our town would flood.

Intense itching all night long, only better after applying cream. There are welts all over his body (raised) and the itching/welts are worse around his ankle and heel area. He thought he might die from the itching, like a horror movie, like he is under the illusion that he's covered by spiders and he will claw himself to death, never ending continuous itching like he would slough his skin away everywhere.

November 7

Last night dream of someone from my past showing a photograph of me he had taken of me in the past to my parents – he was a “boy I had liked” in the past, I had never told him my feelings

Another dream of being in a town/village on a snowy mountain, driving around etc.

Next dream: being with a group of people, some were past friends, we were trying to complete a task, a bit like Amazing race – we went to Safeway and had to communicate with an authority from outside the store by phone (like a payphone but free). There was a bit of a division in the group, some members went off somewhere, I remember going off to look at some plants outside the store (I remember eating some dirt as well?!) I tried to pick up the phone and communicate but the person on the other end hung up, then another group member had to try....

November 8

Feeling a lot sleepier lately (wanting to go to bed earlier). Waking up a few times per night but going back to sleep fairly easily, as I feel tired.

Blowing my nose and getting some nasal blockage/discharge the last day or so, worse left sinus.

Last night had lots of dreams but feeling too lazy to write them down in the middle of the night so forgot most of them.

The one dream I remember: I was in a massive hotel suite with my mom. For some reason, soon before we arrived they'd had to move the whole hotel to another building. That's why the rooms in our building seemed odd, because the building wasn't built to be a hotel.

November 9

I dreamt a lot but remembered none.

I've been noticing more abdominal cramping, especially in the middle of the night or upon waking. I do sometimes get this but it seems to have increased, plus doesn't seem to be related to eating.

The sneezing and coryza continues, with clear or white discharge. It seems to be worse when I'm downstairs, closer to the creek water I gathered.

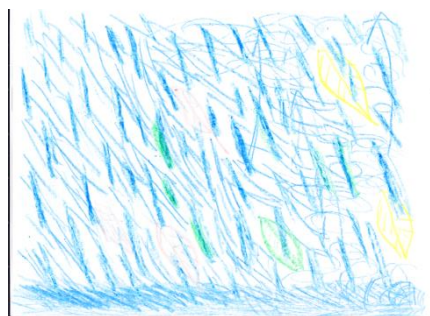
Getting a lot of thoughts about incidents from the past, just floating through my mind. Memories of past incidents, past people I knew, etc. It's like a catalogue of past events going through my mind.

Also noticed that I can get irritated and very grouchy very suddenly, and then the next moment feel fine and agreeable. The emotion doesn't really stay with me for long.

Had a dream sometime before the trituration about walking along a path in the mountains to a Mecca-like location (desert). I remember the walk being very long and I was worried about getting there and back before dark. I had had the option of taking transportation but had chosen to walk because I didn't know it would be such a long walk.

Musqueam Creek Water Trituration Notes (November 12, 2011)

C1: Sonya



Water swirling whoosh. Fast. Smooth. Life journey. Prickle in left nostril. Circle of life. I feel the wind blowing. Rain is smooth.

#4: Native connection? Creek is on Musqueam land. We're on Native land.

Rain falling, falling, falling. Cycle of life. Rain falls, then goes up to the sky. Comes back up.

I see a flood of water. Water everywhere. On the ground. Giant puddles. Whirlwind. Splash. Big bursts of water.

Snow. When water freezes it becomes ice. Avalanche. Rain and snow fall downwards. Then evaporate upward. So much movement. Always moving, fluid not solid.

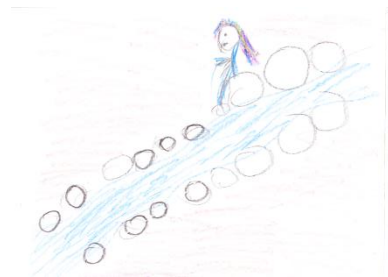
Pain in left side of neck.

#2: (re: her water bottle, takes the lid off) :This water does not want to be contained!

The water flows through my memories, like it flows through life, drifting...Every single memory, retrospective, it won't let us forget. Every single memory we have is a part of us. It's what makes us who we are. We can try to forget but it won't let us. Anything we try to suppress will float to the surface. A mirror. Reflecting our life, without judgement, it just is. This is truth, this is our life. With no emotion attached to it. (tight feeling in ribcage above my stomach).

Conversation about having girls vs. boys. Apparently families with 2 girls are happiest, with boy and girl 2nd happiest, hardest with all boys.

(both me and #2 have to break for pee) #3 is wearing an orange t-shirt, blue scarf and purple jacket. Usually would not wear so many colours together.



I see a woman. Water Nymph. Her eyes are deep blue. Galadriel comes to mind. She is wise and all-knowing and sits at the side of the creek on the rocks. If you look closely you can see me, I am always there. Sitting, waiting.

Are you human?

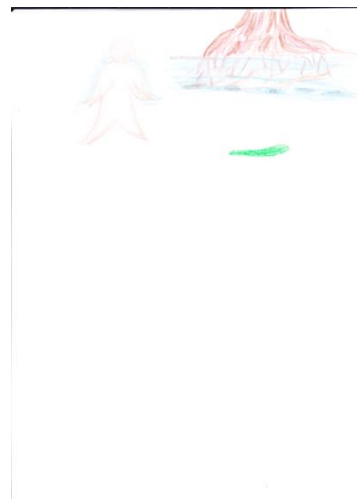
No. Long ago when the world was magical, you saw me and you wrote stories. The Musqueam still visit, they see me and talk to me. We laugh and chat and visit for awhile. They still believe in magic. They are the only ones who visit me. Sometimes I get lonely, sitting here and waiting. Sometimes animals will visit – dogs and fish.

Finding it hard to focus. To focus, you have to stick with one thing.

Themes about the past: just random thoughts about the past popping.

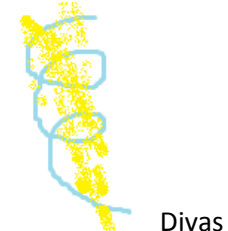
#2 dyed her hair bright pink a week ago (wondered if she should go rainbow)

C1: Prover #2



When we drove in today we took a meandering trail instead of going our usual path.

Time seemed to slow down for us.
As they begin to grind I can feel a chill on my shoulders.
I can feel the water spirit watching.
As if from behind and over
Just watching
Swaying
I can feel the energy begin to tingle through my veins.
My hands have a restlessness, circling in movement, shaking them out dissipates it.
It is as if every mineral in my physical body is alive, open mouthed, calling.
Breathing in deeply
Quite a lot of energy.
Pain in my right knee
Really jittery, more nervous system.
Deep breaths help.
Ah ha ha ha sound.
Tingles up the back of my neck, like someone is bruising my hair with hands.
Very sensual, movement quality.
The bridge between the solar plexus and ≤ 3 is open, stimulated.



Twirly
Twirling around
Dancing
Always moving

No boundaries

Images of animals large and small drinking, satisfying their thirst



Apparently not just the little animals ☺ I am thirsty too

My eyelids have a burning sensation, just slightly behind them



Thoughts fleeting escaping coming and going so swiftly like I can't quite grab them.

There is a lightness to this energy, as if my body is cold and floating.

Almost is a state of nothingness

Nothing and everything all at once.

Purpose destination but no substance.

I feel like sighing, not mournfully but contentedly, drifting lazily along

As if being stared right through

I don't quite exist

Transparent

It is only that which is around me forms what I am that reflects my purpose

Burning point in my left of sternum.



It feels like a touchy feely substance

Wants to be caressed, massaged

Tactile

Dancing, Prancing

Chest

The pain is like a spot just left of the sternum.

Rubbing it makes it better

Feeling like I don't want to be confined, want to run away.

Move, keep moving, sitting still like torture, stagnant.

Thank heavens for muscles, even the act of flexing them makes the fidgety, restless confinement go easier.

Feel like I have to move, rock, flex – quick repeated movement feels better.

It's funny when the water spirit came it was a male energy and the divas feel female in energy and are many

Sparkling, dancing

Now the chest spot moved over to the right side, same as before just different side

Ears subtle plugging

Frequency adjusting



Barnacle

Very difficult to grasp this energy.
It slips right through
Dreams of past.

Watched Dollhouse last week. Crazy show, a lot of violence. They have technology that erases your brain and memories and can imprint any personality they want, they join the dollhouse, will give 5 years of their life. Multimillion dollar company, if they're rich enough they can have a doll for their fantasy. They will get the dolls to be a special agent to retrieve something that's lost. Watched it this week, aggressive and violent. The thoughts flow out and the memories, they have no memory of who they are.


C1: Prover #4

Broken sleep (grandmother), headache
Grandmother presence – feeling – ancestral
Slight – birds
2 elements – air and water
Family healing, wounding
Connecting
Sleepy
Trust – trust strangers – kindness (welcoming)
Headache – emptying from top
Breathe, bathe, balance
Birds: flight (playfulness), feeling, freeing, flowing
4 + 2 – responsibility
Eyes – tightness, jaw
Rest
Children
Changing (transforming) Don't like, I'm bored
Capable
Heartburn
Slow moving, slow gradual changes, gentleness
Ancient
Reflective, feminine, slow moving, world wide

C1: Prover #3

Right ear. Dull block.
Right side of face tingle dull (at the same time?!)
Lightness. Ease. Easy. Sahara says feel like eating chocolate cake – yes – that light easy feeling of cake ☺
Light blue glitter
Ocean
Light relaxed easy going feeling. Playful. Lalala
Every color. One.

I had to wear all these colors today. It's a little crazy, this combo.

Circular 

Water. Heh. This is funny. Of course it's wet. I could pack it like sand.

Itchy nose.

Water bottle falls. Ooh! OK

Silly. Free. Fluid. I want to join.

Let's go! An adventure....

Look, all the things we can see.

Everywhere. We are connected.

We are source. All light, all colour, all source. Isn't it so pretty. Feminine. But balanced.



Forever. Circles. Curl.

However you think it is, it is

Physical? Sure, but that's not our focus here. Other dimension. Unseen.

I like the dinging pinging sound.

Bells. Drums. Symphony.

All nature comes alive with us.

Glitter sparkle. Rainbow color.

Essence. Life light.

Pituitary gland must be yellow and blue. I just forgot but now I see the combo and remember.

Difference between ducks and goose?

Really! How is it divided up?



Just let it flow! Whoo

Still itchy face. Centre.



ORANGE. COLOURS!

Woo



Doesn't matter, free to flow.

Just make color.
 Colour.
 Color
 Cahloor
 C Kuler
 Color c kuh-ler
 Collar. In soundse....
 All mean something you call them words. It's essence. Calling it forth. To name it.
 I don't trust that timer. Technology...
 Hmmm....It's not real.
 Pronounce.
 I am everything
 Itchy right face center
 This could save the world.
 Well that's no small feat. But it's time
 Slippery this morning. Almost fall down.
 Fluid.
 Eee
 Water everywhere. Are you getting it yet?
 I feel no need to be tidy, neat. "Structured"
 I can just write wherever....
 However on the page
 No mind. DON'T HAVE TO USE THE LINES
 Hehehehe so funny. Don't have to use lines. But writing in the lines.
 Pop. We make pop corn pop.
 I am explosive. Soft. Nurturing. All, ALL.
 Ahh auhl ahhhhhhhhh
 Sound
 Oh. There comes the sacred sound.
 I am the fountain and the sky
 Just relaxed. Calm. NOT lackadaisical but....OK with whatever.
 What is time anyway. Ha! It isn't.
 mmmmm. Popsicle! Colors.
 Itchy chin. Right side of nose!!
 Skating. Ice. Slick! Smooth!
 I am alive in all forms.
 Steam ice liquid vapor
Crystals. Snow.

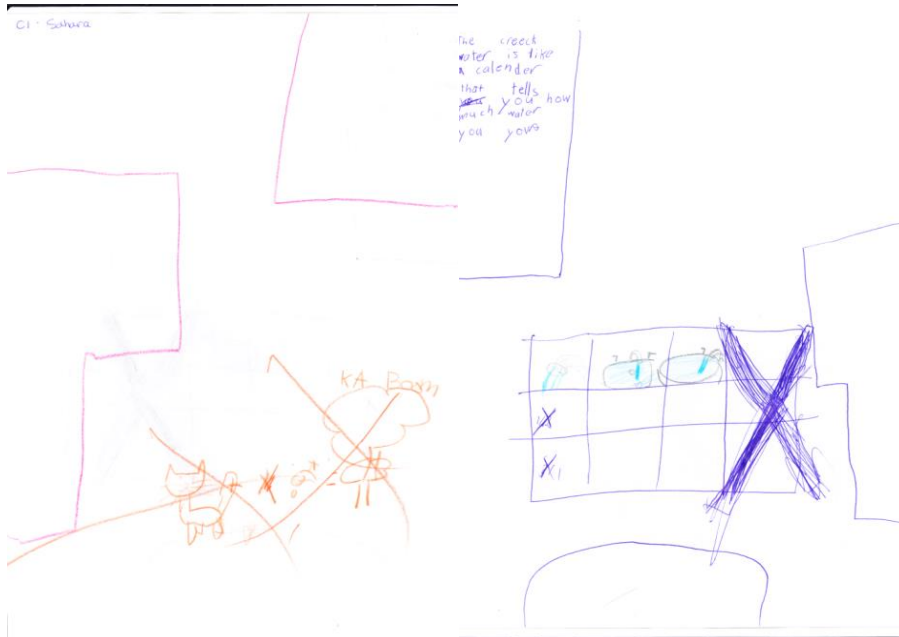


Spilling out of bowl. Hee hee

Glands. Blessed. We speak directly to glands.
 Pendulum.
 Back and forth ebb.
 WOMB OF LIFE
 There couldn't be rock paper scissors & water
 Because water would always win.

Snoozy.....
 The quiet unifier
 Unity. You nih-tee. You nih-tee
 You you u u oo oo u ow uwh oo-ni ooooooooooooo unity eeeeeeeeeee
 Eeeeeeeeeeeeeee
 Receptive repetitive reciprocal
 We're always infinite
 "Go play"
 Seed pods
 Drifting down the water
 Stream creek river (con)tributary
 Contribute

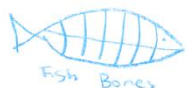
C1: Sahara's Illustrations



Ka Boom

The creek water is like a calendar that tells you how much water you use.

C2: Sonya



I see a water creature, maybe an eel. Pain on the right side of my head and neck. Whoosh. Feels cool, refreshing. Fish bones, skeleton. Leaf. Pain inside my head right sided, like it's swirling like a vortex.

I see the lady of the lake. She is a water nymph too. Her hair is soft, flowing and blue. Her whole body is blue. She can heal grief. She can soften emotional heartache. Everything about her is soft and smooth. She can heal pain. The pain of loss, of sorrow, becomes numb. You don't have to be afraid to face grief. It's not scary, it just is.

The water is so cool, it can numb, anesthetize, take away pain (pain in my left eye). Let the water wash over you, take away the pain. What was once stagnant now flows, is fluid once more. Like a dam bursting open.

Now I see a world, completely blue, full of water. Waterworld! (the movie). We live on boats and use rafts to transport ourselves from place to place. I need to watch that movie again!

This remedy is all about flow. Without flow life stops. The stagnation of flow creates disease.

What is flow?

Flow is when something is easy, effortless, you don't have to think about it, it just comes.

What is stagnation?

Stagnation is when you are trying to push a rock up a hill, or trying to flow water up a hill. It does not flow. It does not come easy. When life stops becoming easy you know it's time to change things, because it's not flowing. When you see life as a struggle, as difficult, disease comes.

Water can be about starting over, it's never too late.

It doesn't matter what happened in the past, you can be pure again, be reborn. Pain in left temple.

Uneasy feeling in heart. Prickling in head.

Feeling annoyed & irritated from interruption of any kind.

You're interrupting my flow!

Breathing gets deep, then shallow again and left sided neck pain returns.

Itchy nose r side.

What happens when things stagnate?

Pollution. Murky waters. Disease. Malaria. Mosquitos. Water must flow for life to continue.

The Chinese know this. They want chi to flow, stagnant chi leads to disease.

It rains a lot in Vancouver, but rain is good because it can wash away pollution. Less rain = more smog.

That is why Vancouver has such good energy, and why things are so green and alive.

Water flows here. Water is everywhere here (it's raining quite heavily outside now).
The breeze is like water because wind flows. The wind and water are friends. (pain both sides of neck now, a tightness).

I want to stand in the rain. The rain will wash away your sins, you will become clean again, like somebody washing away blood from their hands after a murder (Shakespeare's Lady MacBeth). "Out damned spot. Hell is murky. (Act 5 Scene 1)

I feel a solemn sombre mood in the room

Will these hands never be clean?

Red bump on my hand comes up suddenly, its very sore AND RED

We start talking about active rambunctious boys who have a lot of energy

R Hand so painful now I cannot even grind (worse pressure) Deep sigh/breath

There's something about guilt and sin and the need to forget. Sometimes murderers sink bodies under water. If they are hidden well enough, the murderer is never found out.

Nobody wants to talk, I don't want to talk.

It's almost like if I don't talk, everything is a secret. If it goes deep enough into the water it will never be found.

If I wash my hands well enough they will never find out the secrets of my past. What I did in the past, things I am not proud of. Things I don't want to talk about, don't want to voice. So heavy. Better to forget, to wash it away, forget it ever happened.

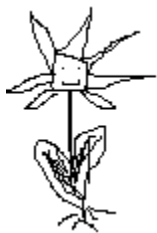
I have to pee again (pain again on right side of neck and twisting pain in abdomen).

I feel like my brain is being erased.

If we could erase our brains, it might not be that bad because all the bad stuff that we're trying to forget would be erased too. So the Dollhouse is not that bad.

A person in the Witness Protection Program comes to mind. Sometimes these are really bad people but they get pardoned of their sins by the police and are given a new identity. They can start a brand new life, start life over again and never look back.

C2: Prover #2



My legs have started to ache. As if my flow has stopped.

There is a stillness and a peace that washes all of me like the fine dew stretched out in water droplets over the edge of the stream as the water stretches to connect.



There is movement, sometimes subtle sometimes rushing
How does wisdom come but by running for a long time, or is it by running over things.
Is this true?
My knees are numb and sore and cold.



screech

Swirls and eddies hold a darker energy

Swirling

Like being sucked down

I am reminded of a time as a teen when we were boating and got caught in a storm and the waves and the eddies defied life

There feels to be a dark space one could go to with this remedy

A lost space

A space without direction

A space with no point

It's not sadness

Almost more like an unfeeling sense

As if restlessness is combined with inability to move

Moving forward is important but there is the constant feeling of being brought backwards or reminded of the past

For instance I had this horrible dream and I am actually hesitant to bring it up but this is the nature of the depth of this remedy, I have been free of these dreams for a long time so it was shocking

In the dream my stepmother was there and she had hurt my son bad enough to leave bruises on his leg

And I in the dream could go no direction the damage had already been done

I had a lot of feeling in the dream and even now as I write it I feel a strong sense of emotions – guilt, fear, shame, sadness and my heart is racing.

Right now, I do not want to be here and I want to run away from this remedy.

Its mirror image potential to shift things upwards through the eddies of life is overpowering and outside looks nice.

Though having written it I feel lighter I don't think I know where this is going.

But if a stream has spirit then it is life and the very act of focussing on such a powerful essence is an act to free the soul.

Sisterhood of the travelling pants <3

Gemini Nature. They want to try everything.

I just also remembered that I tore my necklace off in my sleep the same night I had that dream



Sometimes just being watched *

I am craving to get back into that gentle lullaby state, feel a little cold, harsh

Feel like I am being bombarded by imagery questions, flashes of my past, present and future with no gauge to stop the flow

C2: Prover #4

What is a burden (emotional)

Burden

Empty the load (in head)

Headache in head burden, connection to shoulder & jaw

Heart is full or vulnerable

Energy flow – how does energy flow in the body? How to work with energy

Vitamin C – build blood vessels

Sadness (burden)= (depression??)

Less complaining, more flexibility – support

Clear speaking, not procrastinating, irritation, everyday

Practical – getting through the day

Tonic – booster – support

Compassion for self – take care of self

Statue of liberty, purest sense “bring me your weary”

What wears you down – regret

Fear, anger, boredom – emotions

Rest, sleep, yawning

Hand hurt

Stamina, loyalty, resentment

When you have a blocked artery, new vessels will ease the burden. Does the body create new energy channels when there is blocked energy flow? Women support each other, take care of yourself, be compassionate to yourself. All these things wear you down daily, everyday irritations, regret, fear, anger, boredom. Lots of emotions, they can wear you down or bring you up.

C2: Prover #3

Running nose



Pointed. Specific – as far as physical goes.

Ethereal – this is all encompassing, whole – all interpenetrating infused.

Sharp, pointed pain – lower spine ®

Quietly noticing myself

Am I connected? I don't want to write down doubt. But I'm wondering, I feel the need to stretch lower back, hips.

In partnership, not duality.

That was fast (time)

Don't like the sound: grating

Dusty. What is relevant?

Reflective

Lower back pain. Want to crack/shift something.

Twist

Left knee ache. Geez! This thing is getting me. Foggy. Muddled. Am not clear. Am I getting messages?

Not focused. TURBID. Mixed up. Murky water. Lazy in a truly lazy (avoidance) way. The CFL lights are bugging me. Do I hear them?

Childish. I only want what I want.

Pain – right neck

Blah bla blah.....

Lunch. Oh when's lunch. Distracted. External. Can't seem to think about internal.

MURKY BROWN PEN. Murky. Murk.

Murk. What a non-word! Murky.

Who thought of that one?



Meh! No. No. Not right (but what is right?)

Disagreeable. Hungry. Crabby. Cranky. This feels so different than the first round.

Don't like brown pen. But seems appropriate. Can you see me? Irritated. Itchy inside left ear.

Decay. Breakdown.



Prickly. Feel like I'm so off track. Alone. Invisible. Yet I am everywhere. Can't

you see me. Cold.

Storm. Tornado. Hurricane. Destruction.

I think I'm on autopilot. Feel bad that I write so much stuff. What is important? Everything is. Can't discern what's relevant.

Yawning.

She covers her eyes. Seeing and being seen to hide. (I spill)

I want to be able to see (energy)

What is the imprint the signature of this. Ripple.



The signature, the picture – what is it?

Like cornstarch and water in a petri dish, then on a speaker, playing frequencies ie. 426 hz...

It dances, shifts, moves.

I want to see!

Who is it? Who are we? Vague. Wandering. Lost. Murky.

This signature...water carries all signatures, or is capable of doing so.

Drip. Drip. Forever a cycle. Never destroyed (except by man's interference). Like all things. Yet it TRANSFORMS. Death isn't really death. Decay isn't "death" – it's all transformation. Change – form.

I wish we just had natural light and a campfire. Us, round a fire.

Ancient rites, ritual. The old circle.

I am not place specific because I came from somewhere and am always going somewhere. I am everywhere.

Still my nose itches. Still!

Now I am warm. Happy to be warm.

Both Sonya and I have red nails. I've only had red nails maybe 3 times – ever! Why now?

#2 has magenta hair. Why now?

Sleepy eyes. Drowsy. Docile. Yawning. Itchy eye rims. Is this a post chocolate cake crash or remedy? #4 yawns too.



Rubbing face, itchy irritated.

Behind right knee, pain.



Wings? Angel? Dove?

Cold around mid, lower back. Kidneys!

Ah ha – but I brought my own blanket. <3. Yeah!

Clunks clanks – the mortar & pestle.

It's nice the way the hand wraps around the bowl. Curves. More clunks, dropped/flumping (is that a word?). Flubbing the pestle.

Are we done this round yet? Tired.

The door trims are different. I like this glass door with glass antique door knob I can see in the mirror. Is this an old door? I like it. I want to snuggle up with P (hubby) and nap. And there would be nice soup waiting for us with warm bread and melty butter. More yawning.

Man! That seemed long! Sonya types fast. This is handy when expressing thought.

I am in no-man's-land...Zoned out.

Warm again. Is the scraping really necessary? Or – that much of it? Sheesh. Yawning. Irritated eyes (and I'm not really wearing makeup either!) No mascara.

Feeling some sciatic pain, right sided. Feeling cold, brought my blanket.

C3: Sonya

Don't want to grind with my right hand

Thoughts of the past keep coming

I see a dolphin jumping and playing

Getting fidgety

See heart - love

Prickling at crown of head

When I look through the creek water my view is distorted, I can't see anything.

Which brings up the question of reality. We were talking at lunch about the truth. Truth is relative, it's whatever is true for you, for your higher self.

Truth is sound. Truth is the rustling of the leaves, the whisper of the breeze.

Truth is the meaning we give to something. Truth is what we give voice to.

Truth is what the crows speak, listen and you can hear...(right eye feels a bit sore).

Remember me, I am here, I have always been here – says the water nymph. Water flows, but it can be still too, I can be still.

When you look at water, you can see your own reflection. Not everybody likes what they see.

Sometimes it can be painful to look at yourself too closely, to see those flaws that we all have. (my forehead and eyes start to hurt).

The problem is that we assign meaning to what we experience, that we assign a value to it, but not everything is good or bad, not every action deserves to be judged, it just is. (I am starting to feel afraid).

Nothing's coming now, it feels blocked, water nymph don't go.

Sometimes I need to spend some time under water, don't worry, I will come to the surface again, and then I will sit on the rock once again (left side of neck starts to hurt, and sharp pain in my left wrist). If you listen, you will hear, you will hear the sound of the water, it's like a song, an old song, we made it up long ago. Sings: Ahhh. I start to think of Mermaids and Sirens, the song they sing to lead the sailors to their death.

Pain in left ovary, then right ear, then start to lose a bit of hearing

Aysha itching in neck and back (everyone starts itching their back) Right fingers feel arthritic

Lots of clumsiness in this remedy. Knocking over things, slipping, powder coming out the bowl. Also absent-mindedness. Feel sleepy. Itchy top of head and sharp pain in right temple.

An empty, vast space.

The water nymph stretches out. She is lying on the rocks, having a rest. There will be time to talk more, but not now, now it's time to rest.

To sleep, perchance to dream.

Pain in my tooth. Lactose keeps spilling

Hamlet again! To sleep, perchance to dream

(from to be or not to be)

To sleep, perchance to dream—ay, there's the rub:

For in that sleep of death what dreams may come,

When we have shuffled off *this mortal coil*,

Must give us pause—there's the respect

That makes calamity of so long life....

To grunt and sweat under a weary life,

But that the dread of something after death,

The undiscover'd country, from whose bourn

No traveller returns, puzzles the will,

And makes us rather bear those ills we have

Than fly to others that we know not of?

Thus conscience does make cowards of us all...

Better the devil you know than the devil you don't.

The worry is that there is life after death, and you may be in a worse situation after death than with life, even if life is painful and you have sinned, are weighed down by guilt, etc like Hamlet.

Even if life is a nightmare to you, death might be worse, and that's scary.

C3: Prover #4

Family joy – carbon footprint. Exercise (with Aysha)

More rested, not as sleepy, headache better

Less is more (big picture)

Nature, creek, peace – dose of nature in a bottle, healing power of nature connects us

Representing duality

Our destruction of nature

Family anger, dissipates, arguments, stubbornness

Disappointments, unforgiving, heartbreak

Aysha itchy – back and face

Celebrations, traditions, rituals – connect this with nature request – calling out for connections

Bigger than irritations

Partnerships – with nature, each other

Dilemma – preoccupation with irritations, etc. Bigger picture – nature in trouble

*compassion from nature to us – opens the heart

Nature not always kind (hurricane, etc.)

Bone pain (arthritis) – twitches in feet

Unwillingness – bare bones questions – to get along with nature, to get along with others, to get along with self.

Unwillingness. Stubbornness. You don't do what you should do.

C3: Prover #2



I really like brown and mud and the thought of painting with mud.

Extreme

Earthy

Raw

To express.

I think the essence of transition is quite profound in water.

The question is transition into what?

Always changing.

But always becoming what the landscape makes it.

Refracting and Reflecting the mood of the container.

If the container is a sponge then the water is absorbed.

If the container is a cracker then the essence is soggy.

Water naturally reflects light, imagery, spectacle.

This makes me irritated having to reflect what is around is irritating.

What then is true sense of self.

What is the true sense of H2O.

Or of a stream running through its course of land.

The water flowing over it is constantly becoming new water, or is it old water, it has always been.

But the path takes forever to change.

My head is so heavy.
 *I really feel space out and floaty.
 Irritation is gone
 Replaced by boredom.
 Left knuckle on right hand aching



My skin is itchy too
 I keep being drawn to the feeling of home and how creeks/streams are habitat to so much wildlife and
 #3 talked about feeling homesick years before when travelling with her mom
 What a beautiful interconnectedness of everything
 Is it normal that I just feel peaceful
 My knees are still tight
 My head murky, groggy, tired
 That is the sting in my eyes, tired sting, like I was driving too long
 My writing's changed and I feel the ghost of a young woman, early twenties, blonde hair blue eyes,
 distracted personality
 What does she want
 Peace
 Vanessa wants peace
 Then I hear the word
 Pierce
 Chaos
 Tumbling
 I am curious what this means
 Why did she come here now
 I think it is just about release
 The water releasing memories (that gave me chills)
 Everything has the potential for memory
 I am guessing this is a big memory remedy
 The name Judy comes to me like a pet name
 What is the will of water
 I can see a house on a shallow bare soft rock bluff with a bright red roof, and it is white
 A harbour boat comes and goes, visuals of peace
 LOTS of Browns and Oranges in my vision



C3: Prover #3

An opening. More smooth. Glides.

We are spiritual beings having a human experience of (trying to) become more spiritual.

Irony

The Golden Ray (what is this? It's something quite specific)

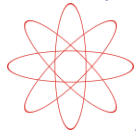
The Labyrinth of Existence



Inward Then outward

First we must journey inward

Still itchy in ears, nose/face



Atomic

An opening, a widening. Spreading open.

A fissure in the Earth.

Dry eyes. Dusty. Parched. In a rock cave, no, not cave. A canyon. Like Petra in Jordan. Or Grand Canyon. I feel dusty, dry skin, like I've been out on a journey (through these dry parched lands/canyons) for days.

Journeying. Seeking the Golden Ray (what is this?). Like Indiana Jones – seeking, seeking.

Rusty red pink coral earth.

Layers. Colours of earth. Story of earth.



Layers. Layers. Layers. We journey on. Our team. Searching.

Orange. Darkest rose. Rust. Pink. Salmon. Like earth's sunset.

Unified Clunking of pestles.

It's magical looking. That deep amber brown bottle. Yes. Magic potion. Feeling a brewing. A stirring.

Ancient alchemy. The seeker always...always seeking to turn it into "gold," is it the golden ray? Source, light. Eternal light. Eternal life. Source.

This is what water is (Hello! Duh, people) – all this seeking without (vs. within) and it was there all along.

Even more smooth this round. But still I get a gritty picture like cowboys out west. Dusty, dry air. Like walking into a shop full of sawdust or where they're sanding drywall.

Itchy back along spine. Like feathers poking through – eek like the movie Black Swan! And that sound, ugh, ack! Oh that sound!

So dry – inside nasal cavity. Want a humidifier.

Layers and layers deep I go. Through the rock.....

You'll never know...

All I see

All is wonder

Storms and lightening. Bolts of thunder.

I am the power

I am the rain

Coming back to give life again.

Ooops. I spill.



Rippling out.

When they do those ghost TV shows and they use equipment to “take readings” what are those things (meter?). And what would one see/report here, now?

There it sits. Quietly in the bottle. Contained! It doesn’t want to be contained. Right – we said this earlier. But really it is so unnatural to contain water. Hoarding. Not good. For anyone (longterm).

Can I write with yellow? Too hard to see.

Orange – easier to see. Yellow. Golden writing – too hard to see – like the Golden Ray – hard to discern with “eyes” – we must “see” it in another way.

I don’t get how all of this is specific/related to water – and precisely, Musqueam Creek Water.

Maybe it’s just very wise.

Maybe other water is less wise? Doubt it. Though – mustn’t there be some kind of local specific info, no?

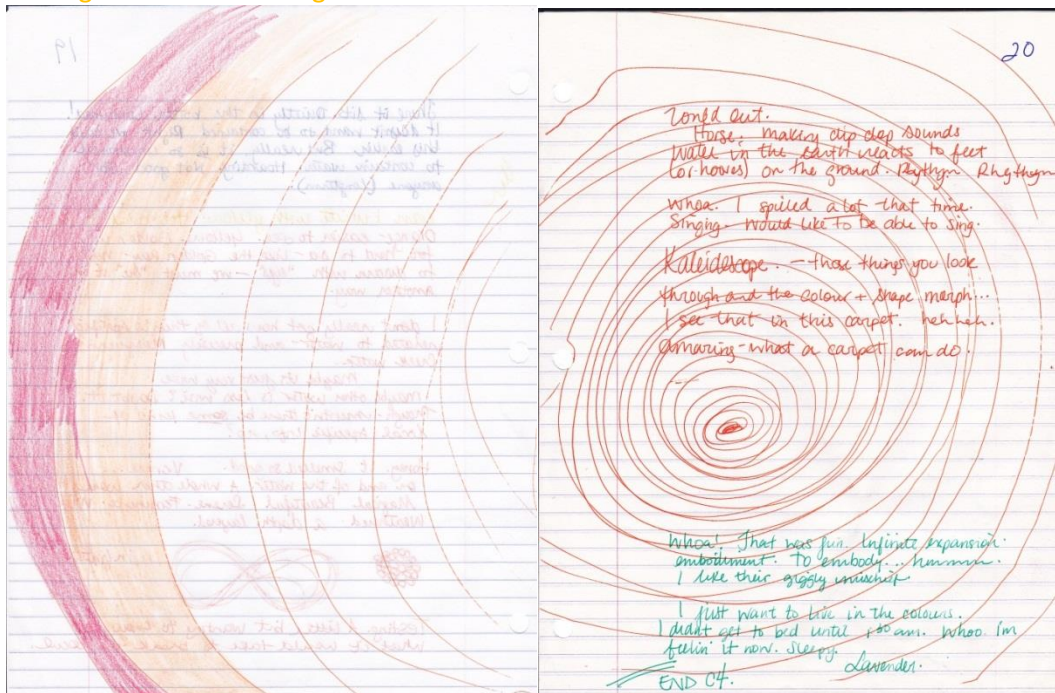
Honey. It smelled so good. Venice.... On and of the water. A whole other world. Magical. Beautiful.

Serene. Feminine. Wise. Weathered. A depth. Layered.



infinity

Testing. A little bit wanting to know what it would take to break the bowl.



Zoned out.

Horse. Making clip clop sounds.

Water in the earth reacts to feet (or hooves) on the ground. Rhythm. Rhythm.
Whoa. I spilled a lot that time.
Singing – would like to be able to sing.
Kaleidoscope – those things you look through and the colour and shape morph....
I see that in this carpet. Hehe. Amazing – what a carpet can do.
Whoa! That was fun. Infinite expansion. Embodiment. To embody...hmmm. I like their giggly mischief.
I just want to live in the colours. I didn't get to bed until 1:30am. Whoo, I'm feeling it now. Sleepy.
Lavender.

Prover #3: Later that evening

More dreams early this morning (past) but not true.
Slightly stinging pee this morning.
Could not decide what to wear.
While in the bath...steam. Steam carries souls. Water is full of souls...spirits...
“Belief is not true” – while in the shower (only what we believe, not “ultimate”)

November 13, 2011 Morning Discussion

#2: I woke up this morning with black marks on my hands, and D as well. Stripes of black on back of hands, had to take my nails and scrub it off. Did the ancestors put a black mark on us so the evil is averted. D has black marks on his knees, like his skin colour changed.

#4: there was a cockroach in my car, tried to kill it. Just a little baby one. I have to clean my car, bad habits, carrying papers, disgusting boxes, have to take them out of boxes.

#3: Lots of short dreams. One was an insight on the past but inaccurate. There's no way that it occurred that was, but it was presented as an insight into the past. Someone I've known in recent years, it was shown they literally picked me up and carried me, 15 years ago, and I didn't know them then and didn't live here. And that person is deceased now, kind of a ghostly thing. In the bath last night, looking at steam coming up, steam carries the souls, the water is full of souls, a little creeped out. This morning in the shower, thought “beliefs aren't true, outside of you believing.” This stuff around true and reality and old belief systems. We used to believe that and we really thought it was true, thought the earth was flat. It's not serving us anymore.

#4: Remembers neighbor, in the past, years ago we were close, she was in my dream. So was SIL in my dream.

Sonya: is the remedy about moving into a new truth?

#3: It's like a software update. Emptying out our brains putting new discs in

#2: Awake for a couple hours in the middle of the night. Very weird. Not the first time, not sure if it's related. I have this opening that occurs, and it is my connection to another life I'm living, I've closed that up in the last few months because it's not helpful and distracting. The energy is lovely, I love it there, it's easier, it's very fairy and lots of great beings. I had this dream, all about that, not really dreaming, more awake dreaming. I come into more of a conscious state and I hear, can feel this Celtic god is in the room, we had been in a Celtic restaurant, this theme, and the visions filled with beautiful colours and stones and my role in this other space. The pieces that are different is waking up with black marks on hands, I had to scrub them with my nails to get it off. Was talking about the black mark the other day. I'm not

drawn to tarot cards but went to buy stones the other day, got some tarot cards, could feel their energy. You have to master the energy of tarot, stones should not be your master. I can feel them, they are on the shelf, strange. I was talking about the black mark, they do that to babies. Worked with a Greek lady. Lady said you have to put a black dot on your son, people always say how cute he is, it draws attention, Chinese ancestors are angry I bought a tarot deck and brought it into home, a lot of heat in this. Grandmother is not happy. She passed last Xmas.

Sonya: Black mark?

#2: The idea is that if you put the black mark on the evil spirit won't look at you, protection.

#3: Like trying to trick the evil spirits

#2: Something going on, the kids don't have the black marks. For protection. Do I wash it off or keep it on, doesn't matter either way but took a picture. Then I put my jade bracelet on the tarot deck, connected with the ancestors, belief work with them or the tarot deck. We need to shift forward out of this ancient way of thinking. It's looking at past and history

#3: stirring it up and bringing it to the surface

Sonya: Bringing it to the surface....for what purpose?

#2: to bring in the new

#3: Water is soluble, dissolves, does all these new things. (#3 has brought in "Messages from Water" and "Hidden Messages in Water" by Emoto and "Water Sound Images"). I want to get an energy reading off paper. I went to see Emoto, and got the book signed.

#4: How good you feel after a bath and shower and walking in the rain sometimes.

#3: They would chant or do something to the water and it completely changes its structure. So weird, I'm on the edge, creeped out, want to shake it off, get away from me, get off, everything is compounding right now. We drove by the cemetery, never really cared about it before. The Chinese shackle thing, goosebumps (#2's jade bracelet story). #2 put the jade on the tarot.

#2: MIL gave me a gift, this tiny little bracelet, jade bracelet, we were doing work with a bunch of healers, this imagery, we made an agreement many times ago to take on suffering for women and heal that, then my hand went ice cold and numb, it went that way yesterday when we were here. Whole hand is ice cold, arm numb, lady said I had to take that bracelet off, she saw the energy, I'd had it on for 2 years, so protective of it, I have to break it to take it off, she commanded my bones to become pliable, and she got it off. What it was, it was a reminder of shackles that I wore in another lifetime, so much freedom, then we drove by the graveyard, historical creepiness. #3 talked about Prague last night, underground doing ghost tours.

#3: In Prague in September, ghost tour, I had to go underground in these chambers, all different kinds of rooms, building from 1300s. In one of the chambers all these stone arches, as soon as I got in there ahhh, then whoosh crying, don't cry on the tour, he said this room was the torture chamber eww, reacting to that, I've been here. But when I came back, energy healer said oh good, she saw things, she said you did some healing. You healed 2 lives in Prague. I did?! Old stuff coming up, it was about completion or recognition, I'm not there anymore, or a closure, healing of a wound, cool.

Sonya: You were in that chamber?

#3: Yes. Right now awareness of something and the current me doesn't want it on me.

S: Dimensions/past lives

#3: It's just this depth, and layers. It could be a major rabbit hole

#2: I used rabbit hole, that exact phrase. Choosing to fall down the rabbit hole. Matrix. Which pill do you want to take. It's definitely a rabbit hole.

#3: p. 49 "Messages in Water." This page is creeping me out in a massive way (looks like a face, in the water). Also the other picture. **#4:** looks like an ulcer

#4: They had photographed a tumor, and there was a face in the tumor. They didn't know what to do or make of it, didn't tell the patient, really creepy, an agonizing face on this tumor. It was reported in a

convincing way. Can feel that way in the garden. Even rocks. Friend L brought me this stone, she put the stone under a Lilac tree, she had found the crystal under the lilac tree, this is where it wants to be.

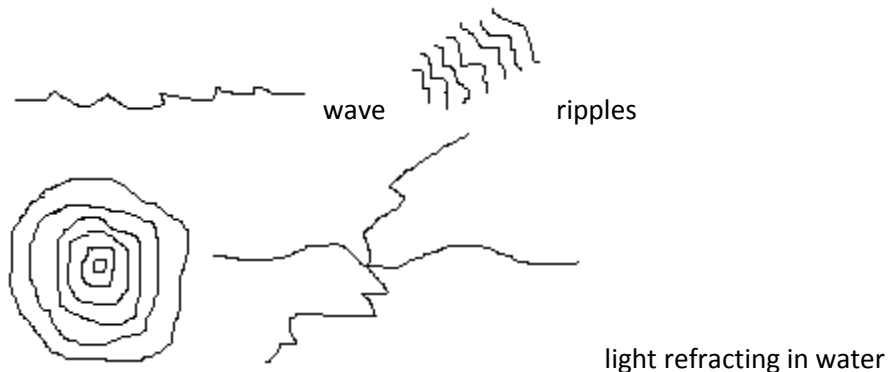
C4: Prover #2

I just noticed that my lips are very dry, lots of skin loose, I need a moisturizer
I seemed to sneeze only twice, but my nose is still tickly
When we were at dinner there was a generalized topic of ghosts and other paranormal phenomenon.
Wondering about the feeling of being grounded.
I know the feeling of floating away. Is that the evaporation?
Not a wonder there are so many dark absorbing stones present, grounding stones.
My collar bone feels really large. I have my hand on it and it feels strangely surreal.
I am sitting here thinking I don't want responsibility anymore.
I don't want the big mortgage.
I just want to flow, escape, move, play, do fun exciting adventures
Why not?
Spiders
Feeling really trapped
Lots of judgement coming through to my family
Normally really open minded but seriously WTF
Something ridiculous with each of them
They invited me for Xmas and I really don't want to go
How is that going to flow, the idea of confining me, or concretely saying yes! I will do this or that feels trapped.
Family is really coming up with a huge sense of loss for me, not really wanting to even enter into that vibration anymore, not wanting to engage
Just feels like loss.
Realized in the 2 hours I was lying awake last night that I feel kind of like water this week
Not wanting to be defined by those around me
Not wanting to be burdened by expectation
If things have always been flowing a certain way, how do you change their trajectory or direction
Leaving behind comes to mind
There is a peaceful feeling in that
A clear pure stripped away feeling
In my dream last night there were such beautiful hues of golden light and rainbows
There is now a surge of the momentum building, in my chest, excitement though I feel strangely calm
Very spaced out, like I can't remember one thought to the next.
"You're not supposed to be here" as I submerge myself in the Musqueam Creek
"I know, but I didn't know where else to go."
I feel transposed into a human of a day long past.
Replenishing the stores of love in Creek after a hot tiring day.
Almost an intruder, but also aware of not quite belonging there.
Like a trespasser
Will someone see
It is so cool and refreshing
Drinking gulps of creek water
As if running all day
Dirty ragged tired

Unaware of the eyes that watch silently from behind the bush
 There is almost a rush as the creek gives up its stories, the water itself is not secretive, it reflects all, it is
 more the vessels that partake in its energies, that hide in the shadows of their tales
 I am brought to that biblical verse that talked of the end times when even the smallest of sins would be
 shouted from the rooftops, uncovered for all to see
 Water does this, water is everywhere, our very fiber is made of water, the earth's filled to overflowing in
 some places
 Water is truth
 If we listen then truth is everywhere
 I find myself praying to be able to go home – like structured activity is confining
 *My face, head, nose and back are ITCHY



When there is a ripple from a stone, or the tip of the nose of the pink salmon, does the energy also
 ripple skyward
 Does the movement of water in the form of a stream send messages in all directions
 How can we perceive this
 Started singing religious song



Is water the constant
 2 hydrogen
 1 oxygen
 + 10 amoebas
 1 salmon
 1 bathing beauty
 1 weary traveller
 And possibly 10 million other essences, imprints
 This is the Musqueam Creek
 And here we began to talk about water or all water, creek water or rain water.



D dreamt last night he was diving into the ocean
 Left leg aching all night, massage made pain better

C4: Prover #3

Feel the need to have my black tourmaline crystal right up close to me.
 “Heebie Jeebies.” Creeped out. Skittery.
 The “regular” conversation is helping calm me down. Feel that I could get so carried off...away in this – a RABBIT HOLE. Worries me. Shouldn’t go there but a curiosity remains.
 Was important to wear pink and purple today. Pink to soften, sooth. Purple – depth. But the pants – that was a problem (choosing).
 Itchy right face and spine. Aching knees.
 I feel sad...Numb. Overall legs especially.
 Itchy back of head where neck meets it.
 Consciously switching directions of spin in bowl.
 Will I catch up in time?
 Water – the deeper you go the darker it gets.
 I think I’d rather just “stay present” than dive in....afraid.
 Light-headed. Woozy. Maybe the nuts will help ground me.
 The big tree outside on the street is really beautiful – I wonder if the roots look the same (mirror) the branches reaching to the sky!
 I’m just staying at the surface. Is there something deeper and I’m afraid of it – unwilling to go there – or is this simply where I am?
 I’m just floating on top. Drifting along.
 Let me connect in, in a protected way and see what’s a little deeper down.
 I smell cologne
 Sound purifies (Yes I know) (Petaluma tells me)
 Pandora’s Box.
 At some point here I was **pounding the pestle in Boom boom boom boom**
 Native Indians (First Nations) try to mitigate these spirits held in water
 Portal presented to me....telling me you have to be careful
 Taunting me. Like mermaids!
 I want to go and see and believe I’ll be safe. But how do I know. What risk!
 We have not set up sufficient safeguards – protection for this (to go further)
 Requires a circle, sacred circle – elders
 Wisdom keepers, to hold the space for us and protect while we journey
 This is a deep and infinite wellspring.
 Like the (proper) use of “hallucinogens” (drugs)
 I want to go...am sad I am not yet “ready/equipped” today.
 Feel a little defiant – BUT I WANT TO GO
 These things are not to be taken lightly and you have the wisdom to know this.
 This journeying needs preparation – supplies, protection, guidance – for the depths one could go, one may not return from (not necessarily physically – yes, you’d be here) but altered, fractured, a portal left open is dangerous.
 But this is not to be Feared. It is only to be respected. Just as you don’t climb Mt. Everest without due care and preparation, such is this portal – port – hole – (rabbit hole) journey.
 There may be violent physical reactions. Vomiting. Bruising. Other souls for a time taking up host in the body. Exhaustion. Delirius. One must prepare...Mostly this is Petaluma speaking. IRIKA eer-ih-ka
 Had to wash hands...lots...running water...just let it run.
 Keep getting pinpricks which are itchy. Foot (left).
 In the bowl I see our crumbling earth.
 Cascading, tumbling, rushing, waving....could every adjective be used to describe water’s spirit?

What other thing can do that?! Perhaps none?

C4: Prover #4

Dream – past (old neighbor/friend) -friendship
– MIL (spirit) - Current SIL
“The Hidden Messages in Water” – Masaru Emoto
Frustration – dealing with coworker
Turning quickly – swirls in water
Stuck place
Left side hip – moved up to chair
Endless details, layers of flow
Trying to keep my head above water
Responsibility
Yawning – different kind of tiredness
Frustration leading to anger
Dealing with situation – feelings – unkind, toughness
Steve Jobs (harsh)
Making difficult decisions/choices, moving forward, good
Sacrifice
Trust
Spinning/going round and round/spinning my wheels
Disliking arguments (losing)
Not making tough decisions (dark side of kindness)
Heart uncomfortableness, tightening
Unwillingness to engage in unpleasantness/part of life
Water gives voice – break into smaller pieces
Body connection – gut > heart > throat > head
Peacefulness
Tears (releasing emotions)

C4: Sonya

Feeling a tickle like I could sneeze.
Wondering why Shakespeare keeps coming up. (#4 watched “Shakespeare in Love” last night)
#2: In Pakistan they had flooding, and the spiders climbed out of the water out of the trees, and they ate all the Mosquitos so they don’t get malaria. Really creepy though, creepy component coming through again.
Shakespeare - he’s from the past but he tapped into something that is timeless. You could read him in the past, now, or 500 years from now and he’d still be relevant. That’s why Shakespeare plays are still so common, even though his plays were from the 1500’s. What an amazing playwright, I’m in awe!
The grinding sounds like music, like bells tingling
Choirs. Gregorian chants. Religious singing comes to mind.
Feeling like I’m underwater, things seem muted and it’s hard to think or see anything, distorted vision
Clients often come and say they have a fear of deep water, that’s interesting to me, what does that symbolize, because it’s quite a common fear
Deep water is about the unconscious, the subconscious, things we don’t want to look at too closely, about ourselves or our lives or our past

Tingling at crown of head

I'm being pulled downward and dive into the water

I see a mermaid swimming beside me, we swim down down down

I see three mermaids and they are singing, I can ask them questions

What can water heal?

Water calms and water comforts

What about the ancestors?

In Hamlet, that's what drives him crazy, his father was murdered and he has to avenge him. Water can erase the past. It can free us from the oaths that we made to our ancestors, from tribal allegiances and oaths from the past. Let bygones be bygones. It can heal wounds. It can make things right. It can help us move forward with life, not by forgetting, but by remembering and forgiving.

It can help us forgive?

Yes, it can help us let go of grudges. That's what prevents us as families and as a society from moving forward. We can bury the axe. (I feel a bit of a sense of freedom and release as I think this)

As long as we don't let go of our old grudges we will always be tied to our past, and we cannot break free of it, even if it's only on a subconscious level. The subconscious still has its effect on us, even if we don't acknowledge that in our conscious life.

Which brings me to dreams. That's why dreams are important, they are the only chance our subconscious has to express itself, in the average person. People who are aware of, can acknowledge and remember their dreams are healthier than those people who are not aware of them. But still, everyone dreams, so everyone's subconscious does express to some degree.

That's why some psychologists really do focus on dreams, because they are important.

Can dreams heal?

Yes, dreams can heal, but it's important to bring our subconscious issues into our waking life for healing to truly take place. That can be scary.

Why so scary (I feel like my head is in a tunnel)

Maybe it makes us feel unworthy to acknowledge the bad stuff cuz it brings up issues of self worth and guilt. Guilt because we have sinned

And if we all feel that way that means we are all in the same boat

Yes, in a way we can all see ourselves as Eve who bit the apple and was tempted by the snake

And she was the mother of us all, as the story goes

So Eve sinned, Adam sinned, the whole world sinned, so I wonder why we are so hard on ourselves when we look at our sins, because it seems to be a condition of being human

Do animals sin?

Animals don't have the level of awareness that we do, they don't have the ability to make choices, so they are free from sin, they are more pure

Purity seems to be a theme here

Yes, murky/dirty/sin/washing/blackness. It's a theme. There are more toxins in the earth now than ever before in human history. Pollution, unclean water. People are making the wrong choices?

Why?

Because they refuse to look at themselves. They value the material and turn away from the spiritual.

They think power and money are more important than taking care of the earth and water.

How do we get people to care?

First I think we have to get them to care about themselves, then they can start caring about other people. They bury their lack of self esteem in possessions. Get them to care about themselves and they will care about the planet.

After all, water is life. Our water is getting dirtier. Life is not valued. Because we don't value ourselves. We feel dirty, and that's reflected in the world around us. How we feel on the inside is reflected on the outside.

#3: We just had Remembrance Day, how is that affecting us? The Past. Souls.

#2: Yesterday felt like I can't go that deep.

#4: Took MIL out to dinner last night. Last night she said her dead husband is a spirit now, for the first time, instead of pretending he's alive. She said she'd rather he not visit. The woman I dreamt about from past, things ended badly, in terms of healing, not sure if I need to heal that relationship necessarily. I was late getting here today because I went to work to fix some things, others were not doing their job right, frustrated. Frustration with people who didn't do what I wanted them to do. Frustration, irritation and anger with people. I have to deal with the situation, I've been avoiding it, feeling responsible, keeping head above water. Frustrated yawn. I have a hard time making difficult decisions, and how to move forward, feel like I can't move forward, frustrated and can't make a decision. It comes back to the person who doesn't make a decision, like a hamster spinning the wheel. I made decisions I thought were kind did not turn out to be good decisions.

#2: Had people staying for free at my house and they took advantage. I pay the mortgage.

#4: I felt a tightening in my chest, it hurts my heart when I make decisions not thinking of repercussions. There is a voice in water, it helps you to have a voice. Connections between all the organs, heart and head. Tears are good, they release emotions. Give me a bottle of this stuff and I can make decisions about these people, cut their hours back. I've screwed up so many things lately, can't make decisions in the same place anymore, things are shifting. You want to be fair. Men are better at it, they're less emotional.

#3: Good if water could help with decision making.

#2: With a woman doing the same job as a man, she might experience a backlash and different expectations.

#3: I also have trouble making decisions, I see 7000 options and go into overwhelm, what if I don't pick the right one.

#4: Don't want to hurt the person, with our economic situation, make some tough decision, and people know I'm a softie. I don't want to discuss it now, it's hard, don't let people in. Men don't go into endless discussions, say this is the way it is.

C5: Aysha



C5: Prover #2



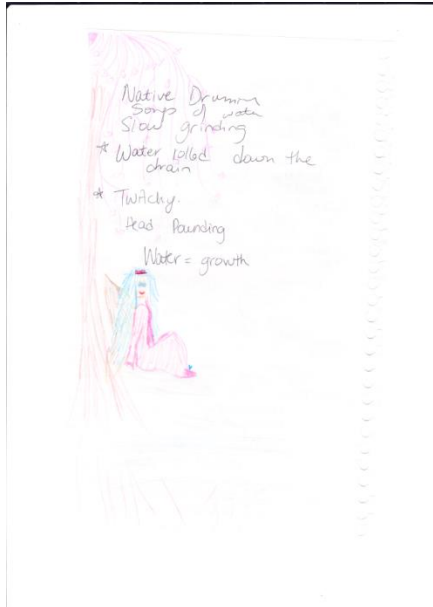
There seems to be a gritty feel to the powder
Makes my spine tingle as the pestle scrapes over the mortar like nails on a chalkboard
My eyes are sooo itchy, arm too right side
Such a strong pinch in my back left sided



Water

My pain feels like a tear in the muscles, maybe trapezius
I am very spaced out, thoughts just keep coming and going and I can't formulate any information
Weakness in my upper body
I think about drifting away
Where does water go when it drifts away
Does it recognize the salt in the ocean
What is the interaction when substance and matter greet each other
My neck, my head so fuzzy
The pain is good it keeps me awake
Maybe then I won't drown in the water or disappear from myself
I feel like I have lost complete sense of who I am if I were to lie down flat I would either disappear or
sleep or dissolve
There is a dizziness, a heaviness like lead sinking
When I am going down to the bottom I feel heavy but more awake lying down
Bodyless
Swirling
The colours are amazing swirling around my eyes, in the water
A being without a body
I can feel the rain on my back and the sun to me; I am warmth, flow, caressing, nurture, soft, melodic
across a landscape.
Native Drummer

Songs of water
Slow grinding
*Water rolled down the drain
*Twitchy
Head pounding
Water = growth



C5: Prover #3

Lower back sore....

Coral? None are the right colour.

Lighter...yes it feels lighter. The color isn't right of this pen. Needs to be....RAINBOW. All in one.

POTENTIAL!

Water is full of potentials. ALL potential. "Good," "Bad" Not that they really are good or bad. But every potential exists within water.

Potential to heal, to open, to expand, to dissolve, explore, awaken, soften, remove, begin.

Profound sense of potentials! This is exciting, uplifting. A happy prospect.

This should be Lavender.

Lavender.

Wisdom tempered.

Depth.

Need tiffany/turquoise blue...

Opening at throat, I lean my head back and allow the healing – a column of light into the throat. This is to do with Voice & Sound

Voice

The black tourmaline falls over. It is not needed (as much)

Itching forehead and crown.

To be immersed in water then different sounds played is to heal. Start lower for lower chakras then move up the scale.

7 minutes went fast.

Dinging – ping – wanting to make bells sound with the mortar and pestle

Sun comes out! Yay. Hope the light of hope. We all need to see this. Feel it, experience it.

I feel generally contented. A big circle.

Eee

An infinite loop.

Itching lower abdomen.

I want this red nail polish off. I am done with it.

Dry eyes. Scratchy. Want to stretch, expand, flow.

Again I wonder about the potential.

Humanity...people. We can could be anything we desire. So much potential. Yet it's barely tapped. Like water bursting forth from the earth. Springs.

Yellowstone. Geysers. Old faithful

Like clockwork. Water holds rhythm. Sheesh. Still can't spell rhythm. Thm rythm rhythm

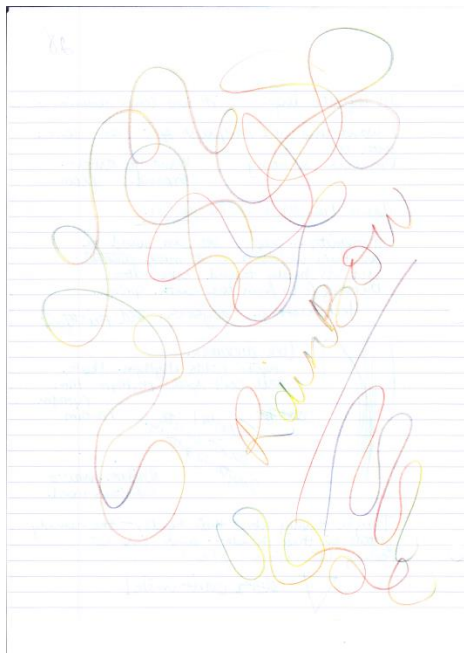
Clearly I can't write anything properly

Rhythm. What a curious word.

They're talking about their head – the remedy getting in their heads...and I'm not feeling it (in my head)



Can't write!



Downward facing triangle.

With eyes closed I feel extremely tall but the tailbone pain keeps me in body.

Imagination. Is this all imagination?

Made up? Isn't everything made up?

Itching crown. Stiffness in hips.

Interested in that squirrel in the tree.

This itching back is nuts.

Irritated eyes. Yawns. Blah!!!

Rubbing eyes.

Hey. My stick scraping thing is now lavender. Just as I asked for (scrapers got switched).

There are no color names on the markers – disappointing.



Ooh. Luscious. Juicy. Apricot. I like how smooth this marker moves. Not scratchy or dry.

I'm just wandering now. I want that clear quartz ball #2 has. Juicy....Peaches. They are so sensual to eat. Standing over the sink with juice running down your chin. Oh and the smell. It is alive. Without water – none of this.

Hey, now the rainbow pencil is presented to me. Awesome. Manifestation.



Whoa! This is way too intense.



Somebody loves yellow. This marker is toast!

Sleepy. Eyes feel thick. Contacts irritated, sticking, unclear.

C5: Prover #4

Beginnings – birth of the universe

H2O as basis of life – cosmos

Scarcity of water, drought, famine

Hunger

Weight control

Balance

Itchy back, stomach, back of head

Surplus <> famine

Kindness <> firmness (harsh)

Emotions <> thoughts (rational)

Healing the past (relationships)

Clearing blocks through increasing awareness (active not passive)

Breaking old habits

Beginnings of life (conception)

Ancestors/family healing

Yawn – Yawning (air element) – to raise energy levels – took vitamins

Trust others, don't be a fool

Take a stand for self

Reach out to grandmother/ancestors

Me <> others My needs <> their needs

Beginning/birth/conception – end/death/passing

Old beliefs not fixed or definitive – water washing over me – standing under waterfall/pool

LIFE CHANGES (menopause?) – looking for VISION

Itching – shedding skin

Heartburn

Stuck feeling, spinning, wanting to get beyond

C5: Sonya

Lots of sugar consumption at lunch, plus cake yesterday. #2 talks about son's consumption of Halloween candy

#4: there's rocks in the creek, maybe that's why #2 and #3 brought so many stones.

Things are feeling very light now, maybe feeling a little like I'm going to a spiritual realm, like floating up towards the sky. This feels like the place where the ancestors are, the bridge between the living and the dead. If we talk to them in this place they can hear us. (finding it a bit hard to breathe and feeling a bit fearful and anticipatory).

I think it's spirits rather than ghosts. Ghosts are caught between life and death and I feel like I am entering the spirit realm (I feel a sneeze coming on, a tickle inside the nostrils). Sensation of pressure in my head. And the feeling of a breeze on my back. Is it the breath of the ancestors? This seems creepy.

Time is an illusion. If that's true, then the ancestors live among us now. They are alive and dead simultaneously. There's a dimension of reality where they are very much existing, living their lives. (I almost sneeze again, like an allergy or hayfever).

I hear the bells. The bells of the dead. For whom the bell tolls by John Donne:

"No man is an island,
Entire of itself.
Each is a piece of the continent,
A part of the main.
If a clod be washed away by the sea,
Europe is the less.
As well as if a promontory were.
As well as if a manor of thine own
Or of thine friend's were.
Each man's death diminishes me,
For I am involved in mankind.
Therefore, send not to know
For whom the bell tolls,
It tolls for thee."

What is with poetry and this remedy? It seems to be a huge theme for me.

I wonder if poetry taps into truths that are timeless. I feel like poetry really speaks to this remedy.

My teeth are starting to hurt

That poem (above was written in the 1600's). What's with old poetry from the 1500's and 1600's, it must mean something (will look this up later).

Another poem by John Donne "Death be not proud"

Death, be not proud, though some have called thee
Mighty and dreadful, for thou art not so;
For those whom thou think'st thou dost overthrow,
Die not, poor Death, nor yet canst thou kill me.
From rest and sleep, which but thy pictures be,
Much pleasure; then from thee much more must flow,
And soonest our best men with thee do go,
Rest of their bones, and soul's delivery.
Thou art slave to fate, chance, kings, and desperate men,
And dost with poison, war, and sickness dwell;
And poppy or charms can make us sleep as well
And better than thy stroke; why swell'st thou then?
One short sleep past, we wake eternally,
And death shall be no more; Death, thou shalt die.

(Aysha is lying flat on the ground). (breathing becomes shallow again)
I read the poem over again and I feel like crying, yes, I feel like it resonates (I feel a giddy feeling in my heart, like excitement, it's uplifting, ah ha!) I feel very thirsty...
(squeezing sensation in my head, then my neck) I think I hear thunder.....?

#2 is singing about Water, story: aunt brought me water before I choked. Sings "Life in a Northern Town."

Back feels itchy

If water has a memory, then it remembers everything, for all time. Sharp pain on my right pointer finger (and earlier, my head). The memory is timeless, because water is timeless, the memory never leaves.
"We wake eternally, and death shall be no more" (sinking, uneasy feeling...)

At lunch Sahara says she felt out of balance, #4 starts talking about balance. Itching = shedding old skin?
Heartburn = something coming to the surface. There's spinning involved.

#2: I feel like I'm going to throw up. Heartburn feeling, it's coming up and going down. And my shoulder, behind, the scapula, oh my god, really painful, nauseatingly painful.
#4's getting terrible heartburn (goes to boil some water). #2 covers herself with her sweater, feeling cold. "I keep burping up disgusting stuff."

C6: Sonya

#2: Feels like seasickness. I feel green. #3: I've puked off the side of a boat a couple times. #2: Feels like my eyes are going crossed (sea sickness). Sonya: You're in the sea, that makes sense. Aysha: Does the creek lead into the sea? Sonya: Yes.

We start talking about the ocean, pirates, mermaids. #2: Little Mermaid was my favourite movie as a kid, watched it and sang every song....

#2: I'm feeling shaky and weak. Can I trade for the blue pill, the one with a smile on it? I'm feeling like a shipwreck. Sonya: There was a proving of storm, Tempesta

We were talking about angels and I feel like this is the level where angels reside.

#4 just threw up a bit, hopefully that will help she says. Really bad heartburn with nausea, reminds her of her gallbladder attacks in the past.

#2: This week when I've been sleeping, gurgly thing coming up and burning my throat. Are my sxs sympathetic to #4? Sonya: U got sympathy nausea during my pregnancies.

#4: drinking hot water made me feel worse. Being harsh rather than being kind.

#2: Cervical region so sore I'm like a hunchback. This is the grandmother portion of the remedy. Drooping breasts. Normally if I feel sick, feel worse thinking about food but not now.

Now Aysha draws a penguin, a type of water creature.

Breathe. Breath is life. That's what we learned in yoga!

#2: My brain just shut off. Sonya: your brain is erased. #3: we are empty blank canvasses

Do we want to live or do we want to die? Do we want to really live?!.....

2012: Life hangs in the balance. We need to shift things in order to keep living, for our planet to keep going. We need to shift things within ourselves and in others.....(swirling sensation in my head). Feeling a little dizzy and off balance. Maybe that's me shifting? Or is it everything else that's shifting? It's like the whole world is under water and it's swirling around, ooh I feel dizzy now. I need to close my eyes. It's like vertigo. #4 feeling vertigo too, since last night. #2 went out of the bedroom and was bouncing off the walls. #3: I'm aware of the blood flow in my body and hot. #4: if we go up another level we'll all be dead. #3: It's worse if we talk about it. Sonya: I knew we'd go to higher levels but didn't trust my intuition; denial ain't just a river in Egypt.

#2: Some plant that grows in Switzerland, used by witches to have out of body experiences. These people were given a cabin and went there to have fun, saw things growing in the snow, went there and picked it all, and made a salad and ate it and it was this highly toxic herbal plant, and for 3 days and 3 nights they would lean against the wall after they ate it and they were gone, and back in England friends thought they were home from vacation because they came to visit them, they were not there, came back out of the wall and into their body.

Sonya: Datura. People will eat it by mistake, they can't distinguish what's real and not real. #2: They used to use that to make zombies in Africa, make them dead and bury them and the chemicals in the body would make them come back alive and adopt them into community as the walking dead.

My nose is burning on the inside. #2: Do people who are allergic to cats get this sensation? #4: I broke my tooth. Sonya: My teeth hurt. Strange taste in my mouth now, kind of sour, almost metallic.

Hering's wife proved Lachesis and never recovered, it's a poisonous remedy. It's hard to get people to do provings, are we crazy to even do them?! (nobody's exactly knocking down my door right now, we have a small group).

Ahhh cho, feeling like I could sneeze.

Quote from Martin Miles in "The Trituration Handbook," Enormous changes in energy have taken place in the last few years, you can even feel it week to week, month to month, etc.....the issues now are totally different (p. 177-178) C7 = the global archetype realm according to Witold Erler (maybe that's where the energy of water sits) Feeling a bit of anticipation for the next level....

C6: Aysha



C6: Prover #2

A new start

I have gone from the nauseous green sea sickness, brought on spontaneously, to being able to sit again upright, at least mostly.

I feel slightly clearer in the head & my shoulder still hurts

Definitely still queasy and tired, thinking the feeling may come in waves

Up and Down

Up and Down

Like the bow of a ship

Heave ho away we go!

Sailing on a Pirate Ship

Still really hard to keep my eyes open

I have a slight chill

But my actual skin temperature feels normal

So far I can tell not related to food because I can think about food. Normally if nauseous that would make it worse but it doesn't affect me (thinking of food).

I was having a memory of water and a time when we lived across the river, and would swim every day in the summer to the sandbar to the mud slicks, hours of playing out there

Always lived by water and even on water on several points in my life

14 – boat

15 – floathome

21 – boat

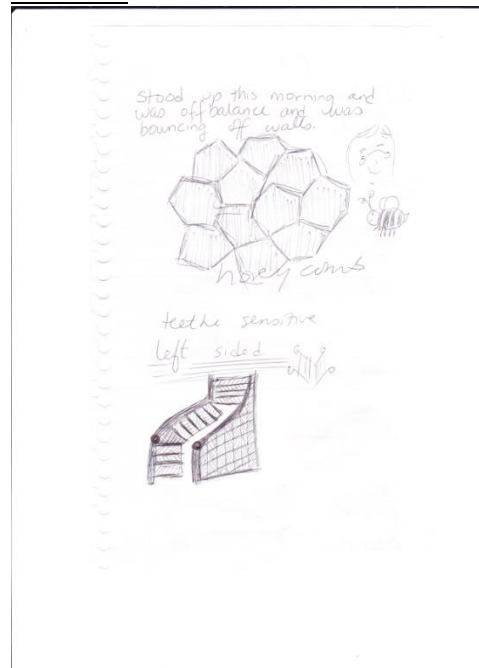
24 – boat

As a home water creates community, brings people together

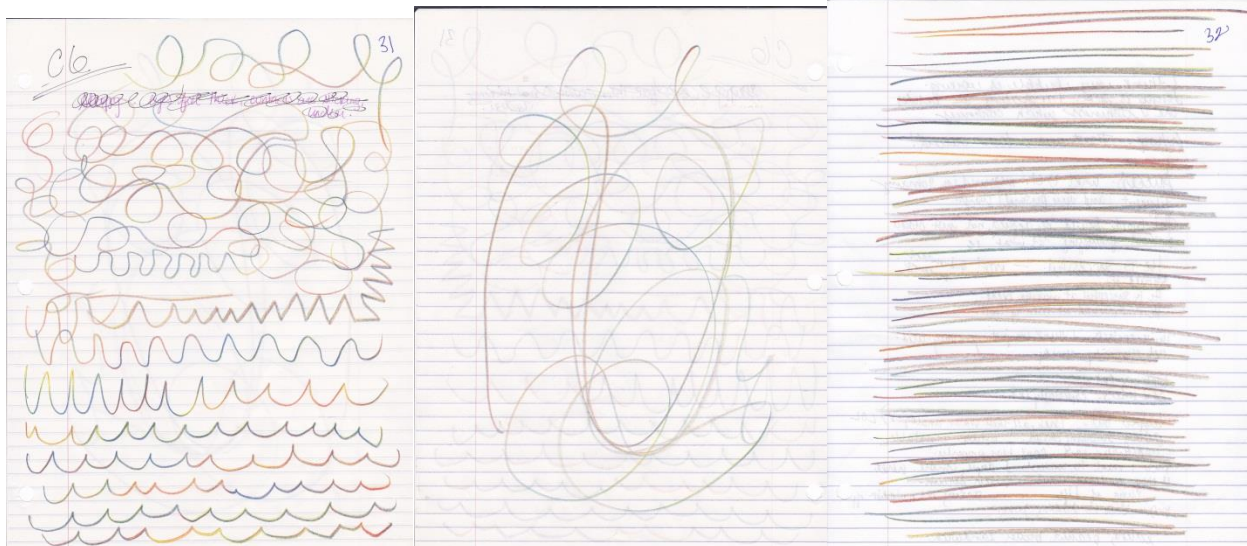
Stood up this morning and was off balance and was bouncing off the walls

Teeth sensitive

Left sided



C6: Prover #3



I think my bubble is working. #2 is sick. I'm feeling OK besides the itchiness which continues.

Whoa. That was a blank round!

Success. What is it? Measured in so many different (and personal) ways.

The word should be applied, not just stated without qualifying "at what" ie.

The "is successful" – WTF! This means nothing.

Should be:

He is successful at making bread

He is successful at burning toast

Thick contacts. I think I'm just generally tired – not necessarily remedy

Watering right eye

Sore knees, especially right.

Tapped out (heh, all these water analogies) LOL

Dizzy swirling head. Whoa. Unstable.

Underwater ears. Can't hear properly.

But I want to understand deeper, more. What is there to learn now? Truth Serum. Elixir of life

Picking red nail polish off.

Man this is taking long.

Eating peanut butter sandwich.

Oh! Whoa. Pain in right hand, crampy.

HOT. I am hot.

Super conscious of blood flow.

Like before passing out.

Feel the blood moving through me, especially legs.

Head is BLANK. Nothing there.

Want to curl up.

Hot in face.

So itchy nose! The talking helps to calm, distract, stabilize, normalize.

I just feel like _____. Nope. Can't force it. I feel nothing. Just blank. Cleared out. Empty mind.

Oh! The chatter is absolutely gone. That mind chatter one tries to stop when meditating. I am of clear mind.



C6: Prover #4

Feel like I want to throw up to make the uncomfortableness go away
Reminiscent of gallbladder problems
Stomach ache, bloated, distracted
Hot water
Green bullfrog, bulging cheeks
Throwing up
Sore throat
Heartburn comes and goes

C7: Aysha

Forehead and left arm itchy. Tingly feeling in head. Ankle hurts. My ear in the inside is getting warm. Lump in throat. Now my ear hurts. My head seems stiff. Dizzy. School tomorrow and staying up late tonight. I love this pink pen! 5:00 and I haven't had dinner. My breathing is very free. I feel like running ten laps around the gym at school. Now my head hurts.

My head feels heavy. Why am I even here? My head feels droopy. Why am I writing? I feel lost, lonely and scared. That I do feel sometimes so it's kind of normal. I picture swirls in my head with squiggly lines and dots. The side of my neck hurts. The left side of my right leg and arm also hurt. Why did my mom choose Musqueam Creek water? I don't really know. I feel like water flowing. I can see mermaids everywhere and taste the salt in my mouth. I feel like switching pens.

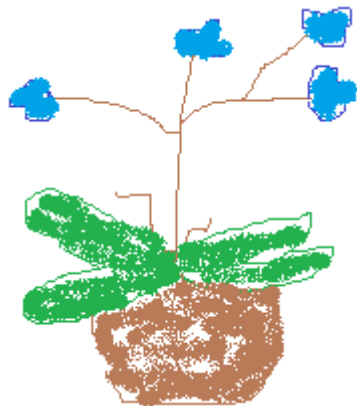
Yes, I did switch. I just go with the flow. I think the pen looks like a candy cane. How did the first humans arrive on land? How did we get so sophisticated? Why was I born? Maybe I was born to help us get more population. My left leg has a sharp pain. I'm thirsty. Why are our bodies made mostly of water? I want sugar! Why is chocolate not good for you and why not sugar either? Tickles in my lower body. I feel heavy, as if I want to kick something heavy down a hill.

Feel the need to relax. Stomach is aching, feels weird. Dizzy again. Feel like stretching, whole body stiff. Very tired. Again, I want to run and play. Something in my eye, left eye, is stinging. My back hurts. I have been sitting for an hour. Stiff. Yawn. I think we're on the last grind. Left foot was tingling all over for a second. Feel like sleeping. This grind is taking forever! Now it's time for the last scrape! I am hot all over. A whoosh is going over my body. My hand is sweaty from holding the pen.



C7: Prover #2

I have a sensation of swimming, stretching vigorously, through the water but it is not work, it is easy
I think my brain is very relaxed, water is relaxing, the flow over one's body, the way it gently lifts you up



| | | | | | | | | | |
|-------------------------------------|--------------|-----------------------------|---------------|-----------------|-----------|----------------|---------------------|------------------|----------------|
| | | | | Peace | Calm | Gentle | Sensitive | Nourishing | |
| Meaning | | Purpose | | Flow | Direction | | | | |
| Being | Ominipresent | Pure | Receive | | | | | | |
| Give | Up | Down | In | Out | | | | | |
| Life | Eddie | Swirl | Drift | Float | High | Low | Parched | Flood | |
| Diva | Dervish | Spirit | Nymph | Sprite | Mischief | | Whispers | Carried Silent | |
| Whispers | | Carried | | Silence | Broken | | | | |
| Secret | Revealed | | Threading | | Weaving | | Water | Art | Water Tapestry |
| Depths | Magic | Mermaids | | Rainbows | | Reflected | | Blue eyes | |
| Ships | Wrecked | | Nauseous | | Spread | Storms | Churn | Bring up the old | |
| Ancestors rise | | Voices heard | | Through water | | To us | Miracle Life begins | | |
| Circle | Triangle | | Roots | Infinity | | | | | |
| Bridge | Chakras | | solar plexus | | heart | throat | | | |
| Pain | numb | tingling | tickles | ghosts | | tickle | | | |
| Hair stands on end | | chalk on chalkboard | | swirling | | dizzy/fainting | | flushed | |
| Feel of blood pulsing | | magic herbs | | magic mushrooms | | magic cape | | | |
| All things | | No things | | Sinking | No body | | Rising as spirit | | |
| Formless | | Trapped | | Edgy | Creepy | Run away | | Hide | |
| The circumference of life | | | | The Bridge | | | | | |
| Visits from: ghosts, portals, stars | | | | | | | | | |
| Birds | plants | fish | small animals | | deer | | | | |
| Eagles | angels | white wings on the sidewalk | | reminiscing | | times past | | haunting times | |
| good times | | water times | | dry times | | | | | |
| Memory | | washed sins | | pure | songs | singing | | | |
| Drums | light | sound | frequency | | vibration | | | | |

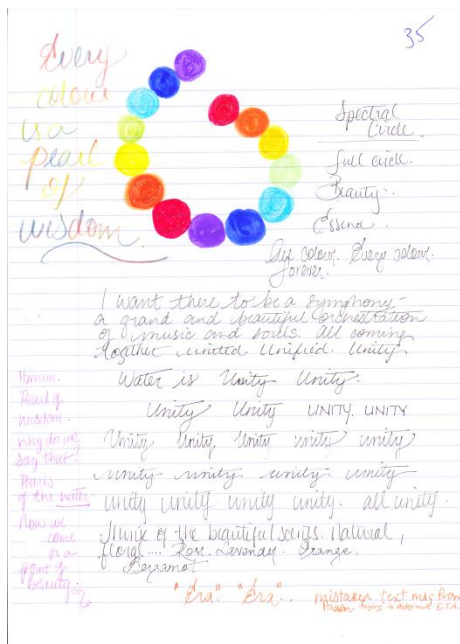


The white feather

The yellow leaf
All floating for a time
Time and space distorted

C7: Prover #3

Water – you’ve pushed us downstream here – what is it you wish to communicate?
Water can exist in so many forms, so many states. Infinitely adaptable. Always can get around any block.
Flows through it, or around it, or dissolves it, erodes it. But always it will move forward. Can never be stopped. Even dams and rocks break down.
Dryness, dusty, dehydrated in throat.
Water, because it is infinite, could carry us forever. Ever deeper.
Sometimes words are unnecessary. Just to be in quietude. TO BE.
I believe we are in a State (vs. an identity) right now.
Objectivity. Is there such a thing and are we there? Plying the waters of _____
Fathoms deep. We are asked to trust our own wisdom instead of seeking it outside of self or first taking others’ advice over our own wisdom’s guidance.
Must we question so much? (a question – LOL). Really, so much is so simple we needn’t complicate it by trying to describe it.
Like – try to describe “blue” without referencing COLOR – how could someone understand blue if you’re using color to describe color? Oh – OK. Stop. Too many words.
Scraping seems so long.
I would love a brilliant flash of insight except I think that comes when necessary, and right now...there isn’t a pressing question.



Every colour is a pearl of wisdom.
Spectral Circle.
Full circle
Beauty
Essence

All colour. Every colour forever.

I want there to be a symphony – a grand and beautiful orchestration of music and souls. All coming together united, unified, unity

Water is unity unity

Unity unity UNITY UNITY

Unity Unity Unity Unity Unity

Unity Unity Unity Unity Unity

Unity Unity Unity Unity Unity All Unity

Think of the beautiful scents. Natural, floral...rose, lavender, orange, bergamot.

Hmm. Pearl of wisom. Why do we say that? Pearls of the water. Now we come to a point of Beauty.

Beauty. So important and, in a patriarchal world, so often overlooked.

Beauty, simply for beauty's sake is healing.

Harmonizing.

Beauty can be found in so many places. Harmony can be found.

They can be created, generated.

I feel like swooping around a ballroom in a beautiful silken gown. Waltzing in step with P. In harmony, in flow. Together but each in our roles. Masculine and feminine in our eternal dance.

Serene “Highness” <3

C7: Prover #4

About Connections

Left arm itchy – pay attention to the feminine

Grandmothers here, one with each person

Pain lower (abdomen)/bandages wrapped around always conscious of my chest area

Feel teary thinking about my grandmother

Last night with MIL – pleasant

Kaleidoscope rose

Stir – connection to “helper spirits”

Stopped stirring – heartburn back

Throat, stomach pain

Ask for help

Dark funnel out of my body (front)

Fear

Costume (masked) figure – behind me – put hand over my mouth – “don’t speak”

Front teeth hurting – also middle ring finger of right hand

Avoiding arguments because of needing to be right

Throat itchy, abdomen sore

Bug in my car – abdomen

Caterpillar transforms into a butterfly

Statistics on illnesses

Answer to a question – pressing regarding work

C7: Sonya

Aysha’s left arm is itching, feels like she has a bug bite

Things feel a little lighter again, I'm crossing my fingers C7 is where the energy sits....

Feeling sneezy again, and hot and flushed.

Mom is saying she sees everyone's grandmothers sitting beside them.

Right ear itching and my nose feels numb and neck feels sore.

Breathe. Creation Myth. Sharp feeling in my nose again, stinging sensation, esp right nostril. Numbness left side of face.

It's like a breeze is blowing through my head. Slight heartburn sensation.

In the beginning was the word. Prickling in left fingers. R wrist prickle.

I want to eat the lactose

Will I have to grind like this forever until the end of time?!

Is it the process that's important or the end result? Maybe both.

The shifting of energy can be magical and beautiful if you just take the time to stop and watch (just as I write that I feel something shift and get lighter) The air now has a shimmery sheen to it, like a glow and it looks quite magical and beautiful. Am I seeing the molecules in the air? Maybe just the energetic imprint. Dry feeling in my throat (get more water)

What do you cure?

I feel like part of this is about impatience. It can cure the need to rush, the need to be too busy in one's life, not taking the time to watch the clouds go by, to pay attention to nature and its beauty, not taking the time to smell the roses.

#2: There's a language for everything.

We want results now. When we don't get results we get annoyed. This remedy can teach us to go with the flow. I'm talking about pellet provings being too slow. Everything is a process

Throat feels dry. There's a communication piece too. We need to talk more and speak our truth, when that is blocked this remedy could be needed.

It's about how you see it, perspective, how you're voicing it

It's all about your point of view. Seeing things in a positive light, as a chance for learning and growth, changes everything, and life becomes less difficult and less of a struggle if you see life that way.

Sahara comes out of the room, sits down beside me and draws a heart with wings, then she draws some stars (giggling as she draws them).

#4: at the end, something popped into my head. I have to hire someone, it's awkward to hire now, why don't I just wait instead of hiring in between, wait till I get back, rather than trying to juggle everything, slower and more thoughtful rather than rushing.

After the Trituration: Prover #2

November 15

There is definitely the feeling of not wanting to share everything, almost like it is too horrible to see through to the truth. Almost like I could not tell what was the remedy and what was me and I did not want to say it for fear that it would be me or my stuff and not the remedy and everyone would find out that my life is not all peace and glory, so weird because in other provings I have no problem expressing the weirdness. Like this remedy rings true to home and bares all!

I was in the bath and saw my body under the water and then saw it as cold and dead, creepy feeling, but also mesmerizing, I did get out of the tub and just watched, the pale color of my legs the swollen texture (which normally I look alive and feel alive) this was like a suicide feeling, I even was thinking about why people would choose to have a suicide that way and then I thought maybe if they slit their wrists in the tub of water the water takes the blood away and the bathroom is left clean, and then I thought about the blood splurting and how they would have to have the wrist under the water to stop this
I think it can be a very deep remedy filled with a desire to die

Then after that son was in the tub bathing and he was floating face down and I got horrible imagery of him lying there drowned. I actually watched for half a second to make sure that his body was moving and then I saw the tap above his head and thought that he better not bump his head or he may really drown, then about 5 min later he did bump his head! I told him to 'swim' the other way in the tub. Quite a theme of fear of drowning and imagery of drowned bodies.

I think we could have gone to C8

Both son and daughter were complaining of heartburn yesterday and son had a really sore sternum, daughter's sinus' are blocked too.

November 16

D was walking into the house after being at the gym yesterday and immediately got a pain in his right nostril with burning that makes his right eye water, lots of sneezing and dripping of clear liquid. He says that he is not sick it is just his nostril that hurts and causing the sneezing ;)

After the Trituration: Prover #3

November 14

hmmmmm, I can see that.. a detox effect. The words that come up for me: cleansing and purify
I was telling my sister about our trituration adventure and what came up as an important theme for me was the 'blank mind' that happened in C6 I think... blank slate (thus, cleansed, pure) blank canvas, pure thought (no thought, actually!) the idea that it's that 'clear mind' state they want us to get to in meditation.... this seems really relevant right now.

November 15

- hacked up 2 mucous balls today
- voice is SO tired... i sound frog-like (had my recording session yesterday and it was very 'trying')

- generally fatigued and just want to go to bed
- dry back of throat and nasal cavity

November 16

- throat full of gunk upon waking. voice is SO scratchy/rough/hoarse! - as though I've had a terrible cold
- speaking my Truth aloud has been a trend, now that I think of it. Yes, more in the past few months but very specifically in the days around this trituration (historically I am reserved, quiet, not wanting to cause a fuss). This remedy brought my "no longer-able-to-remain-silent" feeling to the forefront.
- sore throat today. voice HOARSE!

After the Trituration: Sonya

November 14 (day after trituration)

Lots of sinus congestion, thick white and yellow mucus difficult to blow out. Sahara has the congestion too (is staying home from school today) but doesn't have as much mucus as I do.

While potentizing to C7/40 Level:

Ears start to hurt especially the left one (combined with sinus congestion)

Feeling like I'm outside of time, everything seems very still

Pain in my neck

I feel like I know how Hahnemann made his remedies now, how he was able to gauge what energy to stop at (e.g. 6C, 12C, 30C, etc)

As I near the 40C the energy changes, to a pleasing octave

The sun shines on my face

Feel like I'm sinking

Nature is beautiful, and I'm appreciating it

I feel absolutely peaceful, calm and still

Later tonight

Could/should we have gone to the C8 level? Maybe, but I think the C7 will do. I took the potentized 40C remedy today and felt like it sent a ripple through me. It's like the ripple takes awhile to go through you and you don't feel the effects immediately – it can be subtle but deep and it could be slow.

#2 emailed me telling me she did not tell the whole story of her family troubles in her notes (will email me more details later tonight).

After her email, I realized that I was not completely forthcoming with my notes either.

In C6 I had this very harsh burning sensation in my nostrils, very intense. At the time I was thinking to myself that it felt exactly like snorting a hallucinogenic research chemical (it was called 2ct7), something I did a number of times years ago in my early 20's. People who knew about this research chemical always warned about how harsh it was to snort it, but we still did it because it was hard to get and very expensive (too expensive to "waste" by taking in pill form). So we would do lines of it – it felt like razor blades cutting the insides of my nostrils – I would writhe on the floor it was so painful.

We went to the c7 and the research chem I was into was c7, is there a connection(?)

I feel like the water trituration sparked a detox of the leftover 2ct7 left over in my nostrils (and subsequent brain damage?) from so long ago. I remember reading that snorting drugs can change the inside of your nostrils somehow, the mucus membrane. Maybe my nostrils and brain are getting the chance to start over again.

November 15

Last night the only dream I can remember is I took someone else's baby and I was told to let him suck on my breast even though I had no milk because it was not my baby.

U had a dream of strolling along the water, saw a boat, then he went for a swim. Also he was going to introduce a sister of a friend of his (who doesn't have a sister in real life though) to his family.

Lately I've been reading lots about how to transfer the energy of a remedy into a patient (without them taking the remedy), and why that might be useful. I found Heart Resonance, the founder is planning a trip to Mount Shasta and the idea really appealed to me (this was around the time I gathered the water). Now, that is not really resonating with me so I am wondering if all this searching, desire to travel, wanderlust basically was an effect of the proving.

Also, U took up soccer around the time of the gathering of the water. He'd been putting it off forever and finally decided to act.

I am very tired and keep craving sugar..

Hmm...I just realized, maybe it's about really solidifying my identity as a homeopath. I was looking into doing other therapies but homeopathy is really enough, much more than enough (in fact, taken over a lot of my life and I like it that way). Being satisfied with what I'm doing now and not needing more. Water is H₂O.....hydrogen and oxygen. According to Scholten Hydrogen is about Incarnation (to be or not to be). Maybe that's where Shakespeare comes in. Oxygen is on the row of self worth. I wonder if I was questioning my worth as a homeopath(?)

The concept of fluid identity comes to mind with this remedy.

November 16

Last night dreamed of being by the water, and we were driving from town to town by the seaside.

Lots of sneezing today! Reminds me of hayfever.

Met with an old friend who has had some hypnosis training as well as heart resonance. When she started talking about hypnosis she talked a lot about the subconscious and about wanting to be reborn. I wonder if I was drawn to hypnosis recently because it's about accessing the subconscious?()

November 18

More dreams of being by the water, U had a dream of kayaking
U has had stinging burning sensation in both nostrils the last few days, and sneezing
I notice my nasal congestion is worse at night (definitely a worse night modality)

November 19

Dream last night of having a deep, round hole in my skin after having a blemish that wouldn't heal, it was perfectly round, red and very ugly

I have the feeling of my brain having been wiped, not erased but cleaned. They say (e.g. Tinus Smits says) the nose is the drain of the brain and if that is so I feel like I have new brain cells and any brain damage caused from mistakes in my youth have been erased.

November 25

For a few days leading up to my period I had very sore breasts. What was unusual was how many days it lasted and how sore they were – definitely worse than usual symptoms.

Still a bit of congestion and it has definitely been worse left side.

November 26

There are eruptions that look like bug bites (raised, swollen) on my right hand and arm – also one on my left arm and the right side of my neck.

Congestion worse again and I wonder if it was partially alcohol to blame.

Last night dream of being in a house in the wild somewhere at the top of a hill. There were wolves at the bottom of the hill and they kept running up the hill and coming into the house through an opening – I was worried for my safety.

Noticed my congestion was better when I went outside into rainy weather and got worse when I went inside. If my throat gets too dry I cough (dry cough).

November 28

U dream: I had done a quick course in music and decided to teach music, and U was mad I rushed into doing it without proper training, one of his friends was learning music from me and U was warning him I wasn't properly qualified. Also I was dressing provocatively for the music lessons and U and I were having sex before/after the lessons so sex was a theme.

The other night I had a dream that I was with a large number of U's family members, I remember us singing something together.

December 5

Over the past weekend I woke up with a headache one day and another day had random head pains on random spots on my head. Right now as I type this I am feeling a tingling sensation at the crown of my head.

Today as I was talking with my friend I told her I feel like I am surrounded by crazy people.

A relative's husband, who she is now separated from, I just found out, was and is suffering from severe depression. He seemed normal when I would see him, but suffered from severe mood swings and alcoholism.

There's a part of me that doesn't want to reveal these things. I want this proving to be anonymous. These things are too private to reveal.

A friend of mine who only a little while ago was sane has now gone, as far as I can tell, insane. I feel like she is an alien, too strange and cultish to relate too. If you're not part of her cultish beliefs there is nothing to talk about with her.

A friend's boyfriend threatened to kill her. He had a psychotic break. Her future father in law is a psychic of sorts, predicting a future for my friend that is scary and most likely not real.

The idea came up during the conversation, are some of the people in the alternative health field insane? They see things, entities, etc. For example, the creator of heart resonance, which I was so drawn to a few weeks ago. He had a history of childhood abuse and now sees entities.

My friend has noticed that people who have been traumatized in their life can often have mental illness. Some of those people can also have hallucinations. If the person is unable or unwilling to deal with that trauma, they could go insane from the effort of suppressing that trauma. The brain compartmentalizes the trauma, resulting in a stress in another part of the brain, because something's got to give. Those traumatized people wish they could be Dolls, that their memory could be completely erased. But the brain doesn't really work like that.

But wait, maybe it does sometimes. Maybe there are people who get neurodegenerative brain disorders who have had trauma in their past, and they really truly can forget that past (e.g. Alzheimers). Somehow, their brains are able to shut down so that the past can be forgotten (I'm thinking of my grandmother now, who died from a degenerative brain condition, there were memories from WW2 that were painful for her). Hmm...not quite right because her memories were intact. However, it is the nervous system that was affected for her.

December 6

When people do drugs, aren't they trying to erase a memory, push it down just to have fun. Because their real life without the drugs is not that fun. Self medication. That sort of thing can be done in the natural health field as well. Push away the negative thoughts and only "think happy" all the time (e.g. The Secret). If we try to live in the positive and deny the negative, that's not balanced.

The question has been posed: why do we have to do this? Why do we have to go through the negative stuff to understand the remedy? That's because we need to understand all aspects of a remedy. And it's OK to go through the negative stuff, to face that side of the remedy, because that's the truth of the remedy.

Each time we go down the rabbit hole, all we're doing is meeting aspects of ourselves. Some may see that as scary or dangerous, but I find it an adventure, a type of exploration of one's own psyche.

December 8

Dreamed of situation from my past, I went to sit down on a bench and there were some people beside me and though it was slightly altered it reminded me of an issue from my past. I came face to face with it without fear or judging myself.

We can make choices, and things happen to us – some of it just seems to be fate, some of it based on choice. I guess you can say, when you are younger, you may have made some poor choices out of ignorance.

I lived with so much emotional pain and confusion in the past. It was a bit like being in a nightmare – I was asleep and powerless to change anything – or so I thought. Sometimes we are trapped in the limitations of our own mind.

I feel like I've come so far. I am growing as a person and willing to face my issues head on, whereas the "old way" would've been to try to stuff them down or pretend they don't exist. Facing the past with honesty gives me hope of a better future.

When I woke up this morning from that dream my brain felt cleansed. I blew mucus (clear pus) from my nose and am continuing to do this morning. It's not possible to erase the past but it is possible to gain a different perspective on life, to grow and to transform as a person.

December 9

As I get closer to finishing this document, I periodically experience short, sharp intense pains in various parts of my head, never lingering too long. Headache and nerve pain come to mind.

Lots of autism clients this week, very little else (2 phone calls today, both autism).

December 10

I finally understand the meaning of the phrase "I am my own worst enemy."

December 11

Looked up Renaissance poetry (promised myself to look it up later when I had time). Why Renaissance poetry during the trituration?

http://www.botticellisvision.com/st%20francis%20web%20site/ibs1-indisputable_benefits_of_studying.htm

Because this poetry transcends time and space through the power of imagination. It says that the world of the imagination is superior to the corporeal world, a big theme of the remedy (and its affinity for the mind vs. the body). There is also a theory in this poetry that the imagination can bring healing in times of psychological pain.

Hamlet's opinion – caught between the balance of knowledge and ignorance concerning his father's death – not knowing the truth (goes back to Socrates). Opinion is neither fact nor pure ignorance, it hangs in the balance.

Renaissance poetry mirrors universal experiences

A friend last night was talking at a party about Iboga (ibogaine) therapy for drug addicts. It's a hallucinogenic drug. It helps the addict's mind access traumas from the past so they can be dealt with, then they can overcome their addiction. Seems like homeopathic water would work a lot like ibogaine, but cheaper (homeopathy is known to be very cost effective).

November 20, 2012: Potentizing from 40C to 220C, Notes

Water = life

Could revive someone near death

Suicidal tendencies

Neurological damage from toxins

Damage

Bottomless – goes deep

Emotional breakdown “Going crazy”

Losing it

Glass half empty/full

Memory loss

Confusion/old age/dementia

Serious pathologies

Vaccine damage